

# SEVEN DAYS

## WTF?

PAGE 22

A new column asks...  
and answers.

HEALTH  
AND  
FITNESS



### GAME FOR OLYMPICS

PAGE 26

Where to try out the winter sports



### A WORKOUT FOR COOKS

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## LOOKING BACK

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be patients of Dr. David B. Cores, a pediatrician in Longmeadow, Mass.

**Kenn Tishack**  
SALISBURY

## ALORICH'S APOLOGIA

Massa Shapiro recent letter ["Feedback" December 21] regarding my quote in Kevin Kelley's piece ["The New Steps" December 1] was spot on. I do owe a huge apology to everyone — especially gallery owners — for my insensitive remarks made during the interview. In the context of the article, it sure sounded like I was thanking my muse as galleries and promoters were trying to do showcase and promote Vermont artists. But in the context of my interview with Mr. Kelley, I was simply trying to explain why I thought putting a significant portion of the "Art of Autumn" exhibition in nontraditional spaces was serving the project and the artwork as well. Really bad choice of words — I agree and I apologize.

As to supporting galleries in general, the [Vermont Arts Council] is limited in terms of how it can support for-profit galleries. But for the non-profits that showcase the Visual Arts — Burlington City Arts' Pinthouse Gallery, the T.W. Wood Gallery, Bryan Museum Gallery, the St. Johnsbury Athenaeum, the Chaffee Art Center, Vermont Arts Bankings, and Brattleboro Museum and Art Center, to name just a handful, including the Vermont Museum and Gallery Alliance — we have a long and quite significant track record of support and collaboration. Our support for all art forms is limited by the funding we receive from the Vermont legislature. We encourage everyone, especially Seven Days readers, who wants us to provide even more support for the arts to join our efforts to increase our appropriation.

**Alex Alsdich**  
MONTPELIER

*Alsdich is the executive director of the Vermont Arts Council.*

## NOT-50-PERCENT 10

The first decade of the 21st century does not end until December 31, 2010 ("What WE Did This Side the Reimagined Past" December 29). The first decade was

from your issue to year 10, there was no year "0." All subsequent decades, including the current one, and with the end of the year that is a multiple of 10, and not at the beginning of that year. I think that any news organization would be able to easily confirm when a decade is. Or, we can decide every year is another decade, another millennium, etc. After all, it's been 1000 years since 1000.

**Stanley Stachniss**  
MORRISVILLE, N.Y.

## DIE HARD

I am on the board of a Burlington non-profit and recognize the value of our philanthropic community ("A Little Give," December 24). As I am in the midst of estate planning, I would like to point out that this is not true to the facts. Douglas' \$1,500,000 endowment was shut down. Only 26 other states have state tax on estates. At 18 percent, state income taxes are one of the highest. A new center in Vermont was almost to lose a \$4 million property, checked on taxes and decided on another state. A local estate planner told us that many of his wealthier clients are moving to other, tax-friendly states.

The Congress can't settle on estate taxing and, with donors in mind, I think it will be ugly for those not dying in 2010. I moved here recently, as I love Vermont. I understand the dire financial condition the state is in, but the Vermont legislature better start thinking about long-term wealthier residents by taxing them away to another state.

**Maxwell Dale**  
COLCHESTER

FEEDBACK IN FIVE

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SATURDAY 23 & SUNDAY 24

**Battle on Ice**

A dozen Vermont skaters teams engage in a do-or-die battle on ice this weekend in the 18th annual **"Free Off Against Breast Cancer" Hockey Tournament**, hosted by the Middlebury Oilers and Middlebury Flyers. This year's episode includes numerous skaters and a Saturday night event by the Horse Traders. Proceeds benefit the Cancer Patient Support Program Emergency Fund — certainly a cause worth stopping an ice for.

SEE CALENDAR LISTING ON PAGE 22

DANCING

**On the Up and Up**

It's always a trip to see the world through another set of eyes, and you'll get the chance to try out five different pairs enroute Amy E. Tennant Gallery's **"Women to Watch 2010: Contemporary Figurative Painting"** exhibit. The representational and postmodern street scenes and nature explorations of these Vermont females were hand-picked for being an interesting mix of something — bigger than life, a look.

SEE ART REVIEW ON PAGE 30



"Woman On Up by Amy Tennant"



5

SATURDAY 23

**Project Runway**

Fashions will be over the moon in **"The ONE" Fashion Event** at the Higher Ground for the fourth year. Models walk the catwalk, showing designs from more than 15 artists — including Expressions, Hubcap and Morelle — as well as an assortment from the Boys & Girls Club of Burlington. Usher Dance Company will offer the fundraising effort, and a dance party to delayed tunes wraps it up.

SEE CALENDAR LISTING ON PAGE 32

FRIDAY 22

**Fuzzy Wuzzy**

Continuing to liberate **The Lugs**, four top-notch dancers instead of blurring emotions in a Greek-inspired blues musical boundaries, finding a home somewhere between simple country tunes and on the edge indie pop. And with a self-described "half soul and half rock musical" in the works, this four-piece clearly has personality up the wazoo.

SEE MUSIC PREVIEW ON PAGE 42



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**everything else...**

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**FAIR GAME** | Open session on Vermont politics BY SHAY TOTTEN

## Wash, Rinse, Spin & Repeat

**D**on't fret, nuclear power lovers: Vermont Yankee and its corporate owner, Entergy, won't list a good lie among their downs.

Sure, they might use up a hell lot for misleading regulators and lawmakers about the existence of a nuclear groundswell opposing the radioactive debris. But there are more near misses where that one came from.

Since buying VY in 2002 for \$350 million—Entergy now claims it's worth \$930 million—its New Orleans-based company has employed a simple, four-step method to navigate Vermont's political and regulatory waters. **STEP 1:** Ask for something that will enter the company's ethos. Douglas concerns with simple design and by pointing out that "entirely" have extensively reviewed their plans. Press regulators for their due diligence and knowledge.

**STEP 2:** When critics discover a leak or a collapsed cooling tower, expose as much shock and dismay as do the regulators hang out with at industry parties. Agree to a "thorough" investigation, but first protest loudly. (Thank Dr. Bill Ralston and the brave party.)

**STEP 3:** Good faith during the investigation, claim. VY's never happen again. If necessary, agree to sponsor a governor's bill for \$500K or launch an ad campaign, using employees as human shields.

**STEP 4:** After the investigation, claim you've already identified and fixed more than half the problems and agree to fix the rest post-haste. Before you implement the fixes, however, repeat step 1. Think "Playbook" if handy.

In 2004, the Vermont Public Service Board fined Entergy \$50,000 for showing a "disregard to include" regulators—essentially, for being a badly prepared.

In early 2006, Entergy handed a report to the Nuclear Regulatory Commission's Atomic Safety and Licensing Board. It claimed VY's cooling towers were structurally sound. In 2007, one of the towers collapsed spectacularly.

After the 2007 collapse, Entergy claimed it had beefed up its inspection program to prevent such a collapse from happening again. Federal regulators concurred, and state regulators were enraged. Then, in 2008, more support beams collapsed under a cooling tower.

Whoops.

In early 2008, Entergy promised the legislature that new firms would beef up VY's safety insurance program. In 2009, Entergy issued a hiring freeze.

In 2008, Attorney General **WILL DOWD** ruled that a 2009 statewide media blitz claiming VY had "three fossil fuel exposures" was inaccurate, in violation of state consumer fraud law. VY officials called the wording "misleading" and vowed not to use such adjective again. And the law goes on.

"What we have seen for the past eight years is a pattern of going false, distorting or misquoting information. When caught, they apologize, say that they will look into it, say they will develop a plan to fix it and never do it again. Then, it happens again," said **JOHN COLEMAN**, a lobbyist for the anti-nuke group Vermont Citizens Action Network.

Through every mailing and meeting, Gov. **JOHN COLEMAN** and his team have stood by Entergy. Why?

"They have regular firm state energy should VY shut down," Stinson said. "It's not like it should have been a big surprise, we've had a 38 year roller."

Conservatively, Gov. Douglas was first elected to office in 1992, the same year Vermont Yankee opened.

Maybe Entergy should follow the governor's lead for once and announce its retirement.

### Revolving Regulators

Public Service Commissioner **DAVID STINSON** is one of the most powerful as elected officials in Vermont. He's the top guy who regulates—and, ultimately, can pull the plug on—the state's utilities. The fate of Burlington Telecom rests in his hands.

Life paths, O'Brien has to steer clear of conflicts of interest. And he has already been criticized for being too cozy with, or too close toward, the industry he regulates.

"After Gato" reported as the holiday party he hosted in 2008 that was it: He was fired. **STINSON**, Entergy's top dog in Montpelier. Also on the guest list were officials from several of the state's largest utilities.

That could explain why **THE VERMONT** (D/P) Chittenden has introduced a bill prohibiting Vermont's commissioner

of public service from working for any company he or she regulates for up to five years after leaving office.

Currently, there are no laws in Vermont—only an executive order that requires a one-year moratorium on state workers leaving government for private industry.

"There are two main reasons for the bill," Aulisie explained. "First, to help assure Vermonters of the high integrity of the decision-making process for Vermont Yankee. Second, the same goes for the commissioner's role in chief enforcement officer of Vermont's regulated utilities."

Aulisie's colleagues like the bill so much they want to expand it beyond O'Brien's post.

"We are very interested in discussing the bill this session," said Sen. **JAMES WATTS** (D-Windham), who chairs the Senate Government Operations Committee. While not his committee would like to increase the number of positions affected by the law, and make it include legislators. The committee would like to decrease the length of the ban, though, from five to one or two years, so it's more in line with similar steps in other states.

Note to Douglas officials: Get out while the getting's good.

### Take It Back

As noted in last week's column, Vermont's officials and state's attorneys quickly restored their own 5 percent pay cut last July even though most nonunion state employees—including elected officials—hadn't seen a pay raise since 2004.

Before this could affect their respective reductions later this year, both groups separately decided to cut their pay—again.

Vermont's officials will negotiate the 5 percent pay cut of July 1, and Governor **ANDREW WATTS**, executive director of the Vermont Sheriff's Association.

Last week, the state's attorneys met and agreed that it should not take effect until July 1, 2010, but for the remainder of FY 2010, which means it's effective immediately, said **WATTS**, Chittenden



## Paramedic on Board? Not in Chittenden, Franklin and Grand Isle Counties

BY KEN PICARD

Consider the following scenario: Your 16-year-old daughter is snowed-out of Italian Village when she takes a nursery slip and breaks her leg in three places, like Jai Patek put her down the mountain, while an emergency medical services (EMS) crew from Richmond Rescue leads her to an ambulance for the 35-minute drive to the emergency room at Fletcher Allen in Burlington.

Your daughter's injuries aren't life-threatening, but the ride is long, bumpy and uncomfortable, leaving her in increasing pain. Unfortunately, because Richmond Rescue is staffed by emergency medical technicians, or EMTs, they can do little more than immobilize her leg, supply oxygen, and get her to the hospital as quickly and comfortably as possible.

That isn't a criticism of Richmond Rescue. No ambulances have paramedics in EMS District 3, which encompasses nearly all of Chittenden County and serves about 160,000 residents. Paramedics have more medical training than other emergency workers and can carry out more procedures en route to the hospital. Notably, they can administer morphine, which would significantly reduce the girl's pain.

In this case, the patient's outcome wouldn't change either way. In time, your daughter's broken ankle would heal and she'd make a full recovery. But what if the patient were your elderly grandfather

who was experiencing chest pains and cardiac arrhythmia? In that scenario, the difference between having an EMT in the ambulance versus a paramedic, who could administer cardiac drugs to stabilize her heartbeat, could mean the difference between life and death.

"I think most Vermonters are under the perception that when they call

911, they're going to get a paramedic," says Matthew Hughes, a certified paramedic and former Richmond EMS volunteer who now works for Fletcher Allen transporting patients from one facility to another. "It's mind-boggling to me that the state's wealthiest and best-educated county doesn't have that level of care."

Of Vermont's 13 EMS districts, only two — those that cover Chittenden, Franklin and Grand Isle counties — aren't staffed by paramedics. In fact, only six percent of Vermont residents have access to paramedic-level responders.

But that may change soon. For the last three years, a consortium of experts from Fletcher Allen and local EMS agencies has been working on a plan to staff some ambulance units in Chittenden County with paramedics. If the plan is approved, rescue squads from three communities — Colchester, Essex and South Burlington — could be operating with paramedics within 18 months.

The debate has been long and

contentious, according to Dr. Steve Lefter, who is director of emergency services at Fletcher Allen, the state's only level-three trauma center that can provide comprehensive emergency medical care to patients with very complex injuries. The idea was floated, and rejected, about 10 years before he became medical director in 2006.

**I THINK MOST VERMONTERS ARE UNDER THE PERCEPTION THAT WHEN THEY CALL 911, THEY'RE GOING TO GET A PARAMEDIC. IT'S MIND-BOGGLING TO ME THAT THE STATE'S WEALTHIEST AND BEST-EDUCATED COUNTY DOESN'T HAVE THAT LEVEL OF CARE.**

MATTHEW HUGHES, CERTIFIED PARAMEDIC

"It's politically incorrect to say that, but most EMS systems are big, cross and large metropolitan areas are moving away from using paramedics," Lefter says. "There is no improvement in survival going from well-trained EMTs [emergency medical technicians intermediate], which is what we have now, to paramedics. And our EMTs do a great job of delivering our patients in good condition as it is."

To understand the debate, it's important to understand how prehospital care is administered. Vermont has four levels of emergency certification: Emergency care attendants, or ECAs, are essentially trained in the fundamentals of first aid

and administer oxygen to a patient going into cardiopulmonary shock. EMTs can also help cardiac patients take nitroglycerin and apply an automatic external defibrillator if the patient's heart stops beating.

Paramedics are the best trained, and highest paid, EMS responders. In addition to all the previously mentioned skills, they can administer cardiac and pain meds and perform advanced resuscitation, which involves inserting a tube down a patient's throat. Of the 1900 personnel in Vermont's EMS workforce, only 215 are paramedics.

Don Weiss is EMS chief for the Vermont Department of Health. He says that the

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## State Considers Medical Marijuana Dispensaries

BY ANNE BROMAGE

David Milson lifts a gold-colored metal pipe to his lips and inhales deeply. He exhales a cloud of pungent marijuana smoke into his living room, takes another drag and then retreats into a lounge chair.

The 69-year-old science from New Haven reports that ingesting several times a day to alleviate the symptoms of multiple sclerosis, the degenerative disease he has battled for more than 30 years. Marijuana doesn't do much for the pain, but it helps Milson cope with the depression he says comes with "losing my ability to do stuff."

"It's an attitude enhancer," Milson says. "If you're happy, you can take on luck and fight the pain."

Milson is one of 362 patients on

Vermont's medical marijuana registry, which allows him to legally grow marijuana plants or have a caregiver grow them for him.

But Milson pays per plant from a friend for \$100 to \$300 on average.

"I'm 66 years old," says Milson. "I'm not about to start researching by dispensary or specific herb strains. There's a job for somebody who knows what they're doing, not a patient who needs the stuff."

Milson appreciates going, heading moving easily around, but he's had home, but says he's in no shape to cultivate a cannabis crop. He agrees that anyone sick enough to be in the registry — individuals with HIV/AIDS, cancer, MS and other painful diseases — is usually sick enough to pay for them.

Several prominent lawmakers agree and

have proposed legislation that would establish state-sanctioned medical marijuana dispensaries where patients like Milson would easily — and legally — obtain marijuana. At Milson's urging, Rep. Chris Bray (D-New Haven) will introduce one such bill. Senate President Pro Tem Peter Shumlin (D-Windham) is cosponsoring a similar bill.

"I get calls in my office every year from senior citizens who are using marijuana for medical purposes, legally," Shumlin says. "And [they] ask questions like, 'Can you tell me what a drug dealer looks like?'"

There are several problems with Vermont's 3-year-old medical marijuana statute, according to supporters of the dispensary bill. One is quality. Unless your stash is grown good, the caliber of

homegrown cannabis will be its indicator to what an experienced grower could produce. Another is access. Vermont's word-and-weigh medical marijuana law is silent on where to obtain seeds and cuttings, or how to obtain pot if you can't grow it.

Another problem vexes Milson: says he grows sometimes runs out, usually at the end of summer, before the harvest. Shumlin's bill, cosponsored by state senators Linda Miller (D-Chittenden) and Jeanette White (D-Windham), addresses up to five nonprofit "compassion centers" around Vermont distributing medical marijuana. The ones would license grow operations in secret locations, where up to 10 plants, or 25 ounces of usable marijuana, could be cultivated. All marijuana

**HEALTH**

public naturally assumes that having responders with higher levels of training in the field will automatically improve the level of care. But he agrees with Lefler that the picture is much more complex. As he points, "It isn't as though, if we turn every first responder EMT and paramedic in Chittenden County into a paramedic, that we'll be doing a lot more lives."

Part of the problem, Moore explains, is that those areas where paramedics could do the most good — that is, in far-flung regions of the county where transport times to the hospital are long — also have low call volumes and are heavily dependent upon volunteers to staff those ambulances. The challenge, Moore explains, is ensuring that paramedics in those areas could maintain proficiency on those skills, especially with invasive procedures that aren't used often.

In contrast, in Burlington, where call volumes are high, transport times to the hospital are very short. As a result, what ever advantage is gained by intubating a patient in downtown Burlington would be offset by the benefit of getting the patient to the ER as quickly as possible.

Despite his sound reservations, though, Lefler is open to the idea. He believes paramedics would add value to the system — certainly, prehospital pain management, as well as advanced cardiac life support care.

But those services come at a price, he notes — most likely to municipalities, which would need to pay those respond as higher salaries.

"Being transported with a paramedic on the way costs more than being transported with an EMT-12 Lefler says. "And that cost has to come from somewhere. The hospital cannot cover it."



Dan McIlroy

disturbed through the course would require labels displaying the THC content. The state would submit up physicians for the operation of dispensation and would require they be provided by nearby alarm systems.

Shenfield claims the bill wouldn't cut the state's drug. Dispensaries would be run by private nonprofits that fund their operations through marijuana sales.

One major medical pot won't be sold over pharmacies. The federal government classifies marijuana as a Schedule I drug, which means health care professionals can't legally prescribe it. What doctors do

is write a prescription for medical marijuana. But this week, Sen. Bernie Sanders announced the release of a \$100,000 grant to research, test and train volunteer firefighters and EMT personnel throughout Vermont. A recent report revealed that two-thirds of the nation's fire departments are understaffed, and the situation is particularly bad in rural communities. But such a grant will likely do little to fill the ranks of paramedics. Due to the level of training and continuing education necessary to become one, few work as volunteers.

Greg Baskin, executive director of Essex Rescue, thinks he has a solution. As chair of the District 3 paramedic committee, he says that the group recently applied for a \$150,000 federal grant to support Chittenden County's paramedic program. If approved, the grant would cover the cost of upgrading EMS equipment, additional training, liability and other expenses, perhaps including the cost of launching Vermont's first ever paramedic training program. The only caveat: It would require \$125,000 in matching funds.

Under the proposal, paramedics based in Essex, Colchester and South Burlington would respond to calls outside their own municipalities in a hospital-coordinated effort. Depending upon the nature of the call, this could involve ambulance dispatch, "interceptors," or meeting on route to get a paramedic aboard. This, says Baskin, would ensure that every patient in Chittenden County has access to the same level of prehospital care.

Baskin, who's been involved in emergency services for 17 years, says he's excited that the plan is finally taking shape, after so many years in the making.

"We provide an excellent level of care already," he notes, "but it's time to move to that next level." ☐

now in a form with the state that allows patients with chronic diseases to possess up to 2 ounces.

Nobody knows how many medical marijuana users, like McIlroy, are buying black-market stuff rather than growing it. The Vermont Criminal Information Center, the state agency that administers the registry, doesn't track the number of patients who grow their own. Whatever the number, they say it's too many.

"This is really a side access issue, and more about compassion and fairness than anything to do with drug policy," they say.

"No one would ever say, 'Oh, I'm sorry, you have to grow your own marijuana.'"

When states have medical marijuana laws on the books, but only a handful have state-sanctioned dispensaries. That could change as a result of a recent assessment from the Obama administration. Federal law enforcement isn't on longer

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# Peace & Justice Center Fights to Survive

BY ANDY BROMAGE

**F**light months after it landed an ambitious new director, Burlington's Peace & Justice Center has hit the skids. Last month, the liberal advocacy organization had to lay off two employees and decided not to replace its departing development director.

Donations from the year-end drive — the nonprofit's biggest fundraising push — were down 15 percent from the year before. Holiday sales at the Peace & Justice Store were off 35 percent. And several recent grants — including one for \$10,000 — haven't come through.

At this rate, leaders at the 21-year-old institution say they'll need some new team help from donors to sustain the center.

"We're in dire straits," says Nancy Lynch, who took over as executive director in May. "We're not closing, but we're in a tough time."

Over the past eight months, the Peace & Justice Center hired Lynch and moved from its longtime basement offices on upper Church Street to a LEED-certified building on the Burlington Waterfront.

Facing the 2013 budget pinches, Lynch reached the couldn't balance the books without serious cost cuts: she asked employees to accept "voluntary layoffs" and two stepped forward. Kathy Keaton, who for years co-managed the store, and Jen Beggs, a part-time employee in charge of education programs and the center's allied assistance program. Soon afterward, development director Anne Risley departed to start her own business. The center's remaining six employees will absorb the work of those who were laid off.

"We had a slower holiday season at the store," says Hilary Martin, the center's board chairwoman, who remains optimistic about the new location. "It could be because people don't want to come to the lake when it's cold out. It

could be because of the economy."

Lynch blames the center's problems on the factors that are strangling all nonprofits: Recession, weary donors searching smaller checks, and competition for a shrinking pool of grants in Vermont. As Vermonters open their wallets to help earthquake-ravaged Haiti, local nonprofits are finding fewer dollars to spare.

The center's newly focused mission — on economic justice and economic development in Vermont — made it ineligible for certain funding this year, much as the few thousand dollars it received for counter military recruitment from the State of New York.

Rent at the new location is slightly more expensive — \$3,900 a month instead of \$3,600 on Church Street, but the center is saving \$100 a month on its electric bill and no longer deals with flooding sewage backups and broken elevators that plagued the subterranean Church Street space, says Wendy Cox, cofounder of the center and its longtime office manager.

The funding slump comes as the center is lobbying Montpelier for paid sick day legislation and seeking a bigger role in economic policymaking. Within weeks, it will release its latest report on the state of Vermont plus a three-part study that builds on its widely referenced "Vermont Ask-Stop Study."

In response to the crisis, the center is moving up its yearly membership drive, currently spread out over several weeks in spring, to early February. A number of fundraising events are also planned, including a marathon screening of Robert Greenwald's antiwar film, *Behind the Afghan War*, at Merrill's Romy Theatre on Sunday, January 23.

Lynch and Martin hold out hope that summer will bring more customers into the store, when foot traffic returns to the waterfront. ☐

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## Medical Marijuana

prostate medical marijuana users in states where it is legal. Skunkas decides that reversal is a game-changer.

Skunkas believes he has the notes in the Senate to pass the marijuana dispensary bill this year, but adds he doesn't know what the House or Gov. James Douglas would do with it. In 2009, Douglas allowed the bill legalizing medical marijuana to become law without his signature.

The other wild card, Skunkas says,

is state law enforcement. Lobbied Ed Miller, who represents the Vermont Police Association, suggests that cops might get on board. "The bills solve 'one of the pink' laws law enforcement has always had with the (medical marijuana) concept," Miller says. "Unless you prove it yourself, you can't obtain it legally."

Whatever the solution, David Miller says the state owes sick patients a safe and legal place to obtain marijuana. "Frankly, I don't care where I get it," Miller says. "I'm just looking for them to fulfill what they said we can do." ☐

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STU MCGOWAN

## COLORED WITH LOVE

You may or may not know the name **STU MCGOWAN**. But if you've traveled around Burlington or if you've been to town at least one of his houses, McGowan—47—is an unusual designer who dyes his new houses flowing in a most colorful way. Including such-a-things buildings—primarily old houses that he turned into colorful—results in a beautiful, unorthodox genre job, such as bright pink, orange, or lime green, with contrasting trim. And next month, McGowan will paint one, one-hundredth of an unorthodox opportunity: to select the colors for his next house.

That's one of his various banquets to honor his Caribbean Vermont—McGowan is on the board of the Burlington nonprofit—so if you want a chance at it, you'll have to stand Caribbean first-anniversary party on February 30. The idea is behind the "house the love" nation—make them taking money for the organization, which provides an alternative to private living in ownership—to be a gift something that is unique for your house in future "Volunteer Day" McGowan explains.

And this man knows from his own Volunteering. For 25 consecutive years, McGowan has worked a largely designer who, large and usually quite public testament to his with **JOHN BAILEY** last May. Last year the project involved making a good heart composed of hundreds of signs. Every time we get a place we change the color. McGowan notes—and even with his combination paper, it's not in front of the color (which is the first house for him). Then it's out of the art and heart part, and it's hanging in the house. The sign.

That inspired McGowan's second job, a smaller version of the key construction, was that donation of a "house" given to him by Woodstock, a paper and longtime director of the University of Vermont's Living/Learning Center History Co-op.

McGowan admits he has "a feeling about" what he'd do to produce his house for his house this year. But it's a little bit the way just just flowers. McGowan: "It's got a very heart thing to make for someone else, and in the house buildings to put up. Oh, and the starting, but it's got to be the house to have your house in Burlington with an outdoor house painted in your house." New York number.

## CARIBBEAN VERMONT'S "HOUSE THE LOVE BIRTHDAY BASH"

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JANELA POLSTON

## MULTIMEDIA

A trio of artistic disciplines comes together at Woodstock's **TWO WOOD** gallery: business betts Martin Dierker King Jr. and Black History Month with an annual event history every. Focusing on the 19th century, "A Celebration of African American on Vermont History" features historical readings, period songs and an exhibition of paintings.

To open the evening, Hancock actor **EDGAR DAVIS** will bring to life two extraordinary Vermonters: Lemuel Haynes (1753-1835) and Alexander Twilight (1795-1867). Both became prominent professors and scholars—who earned Middlebury degrees—after spending part of their early lives in indentured servitude. In 30 years at one Middlebury parish, for example, Haynes penned and delivered more 6000 sermons. Twilight built a school that still stands in Burlington, and a brick building on the Middlebury campus bears his name. Twilight was the first African American to graduate from an American college.

At intermission, a reception will take place amid a display of paintings done primarily by the gallery's residents, Vermont artist Thomas Waters Wood (1823-1905). To close the program, Vermont children **CHORUS** will perform traditional spirituals and Civil War-era songs.

**TWO WOOD**, the gallery's gallery, takes place at and offer musician, meet up with this

## HARDWICK ACTOR EDGAR DAVIS WILL BRING TO LIFE TWO EXTRAORDINARY VERMONTERS: LEMUEL HAYNES AND ALEXANDER TWILIGHT.

multimedia approach. The initial inspiration was an online book organized with Counterpoint. The group's members had lived all over Vermont. In exchange for rehearsal space at the Wood—a central location—the singers are performing at a couple of gallery events this year. Of the repertoire for Saturday's concert, Tisor says, "A sign on our website is going to be from their *House of the Holy*, which is a spiritual about of *Struggle* and *Survival* in Black America."

Tisor knew these selections would fit well with the gallery's collection of Wood's 19th-century African American genre paintings—a visual scene of everyday life. "Portrait work was his bread and butter job," Tisor notes. The *Blue-plate* series took consciousness all over the country. Working in Rutland when fighting broke out, Wood "was stuck there for the entire Civil War," Tisor says.

Wood spent those years traveling in Tennessee and Alabama. "He got to experience a lot of African American life and the whole ground, emancipation" process. Tisor explains. His paintings "inspired from slaves working in the field, in portraits of free men and women." Tisor's program "The Politics of the Past Year" hangs in the current exhibition. "It's four years of distinctly different

characters—one looks very Irish," Tisor describes. "And the fourth one is a black man with his wife and his hand."

For Missouri native Edgar Davis, learning about Haynes and Twilight has been a revelation. "They were very strong in me, and I have a lot of questions," he admits. "There weren't the kind of black men I was exposed to in a young man learning about African American history."

Davis speaks to on two levels of color not only cultural acceptance as their time but because contemporary leaders. "It's a place like Vermont that's very far from the city," he continues. "Because things are more in a little hands, people are a little more tolerant. Maybe just out of necessity for 'We need a president and this guy is good.'"

Despite Haynes' painful writings, as of press time, Tisor had not found a sermon excerpt for them to read. Instead, Davis

will briefly describe the lives of Haynes and Twilight and then present dramatic readings from Twilight and African American poet Charles Frederick Douglas (1818-1895).

Davis' performance is "not going to be an attempt to entertain," the featured figure, he says. "It's just the first step you thought... I don't try to entertain. The reason why these things have been—because they are interesting in them—is because they are interesting in themselves."

It seems enough just to imagine how powerfully Twilight's words rang out in July 1855. "But subjugation by war and superior of physical or intellectual strength never gave man the right to reduce his fellow man to his service without his own consent," to Woodstock, which Vermonters preside in on a season 10 ahead from Abolition, Lincoln proclaimed all American slaves free. ☐

A Celebration of African American artists in Vermont history. Saturday, January 23, at 7:30 p.m. at Two Wood Gallery, Vermont College of Fine Arts, Waterbury. \$10. Reservations or info: 802-873-8733, www.twowoodgallery.org.

# Northeast Kingdom Is Hotbed of Higher Math in Montréal's Comic Novel

BY MARGOT HARRISON

**L**ocated 15 miles northwest of Burlington, Vt., the University of Northern Vermont is a quiet state of an academic haven, home of an old school, the University of Burlington. But UNV has one thing Burlington doesn't: a star math professor named Simon Goldstein.

Pinched from the Ivy League, Goldstein made several years of advances by teaching his school a problem that has perplexed generations of academics, but he has to be in the past concerned about keeping his study follow-up.

Department chair Guillermo Sotomayor, co-lecturer Herman Melville Simpson and the faculty's den of arts and sciences — known to her faculty as the "Viggo Group" — all want to know.

Hardcore to R.J. Stern's first novel, *Goldman's Theorem*, is a comedy that while it may play fast and loose with Vermont's academic landscape, has many campus notes for the math elite. At least, that's the word in scholarly journals. The Mathematical Intelligencer, which praises Stern's portrayal of its discipline as "an elevated and accurate" it should be, notes the 60-year-old writer has been a math prod at Cornell University since 1976. Worry of the endearing personality of his discipline in popular movies such as *Good Will Hunting* and *A Beautiful Mind* and the TV show "Numbers". Stern says he set out to write a campus novel that would do the math departments what Joseph Heller's *Catch-22* did for the army. It would showcase "the most absurd stuff" yet something only someone on the inside could write.

One piece of modern knowledge is that mathematics jump to pre-mathematical conclusions more often than the sciences in any other. Stern himself needs sending out a flawed article for publication. "The math was correct, but the proof had a major, major error in it. I just barely stopped the process, and I was incredibly angry, tearing on the

edge of my pencil" he says with a sly grin. It's which. "I'd always wanted to write a novel, and I thought this was a good chance."

Why not in his novel? A New York native and permanent resident of Canada, Stern has returned for the past quarter century to the Eastern Townships just north of the border. His cycling trips regularly take him into the Northeast Kingdom "so far south as

Cambridge" he says. "The theory just low in the river in that border area." Students will recognize

subtle details of the landscape where — in the recent past, anyway — a Vermont could make a quick point into Canada for a hug of Montreal style. In fact, the novel's insight about writing down the latter. Other episodes of local color include the book's second departmental episode in a series and, yes, an appearance by Vermont's cheese eaters.

After a publication says that math work may with agents and editing a "heartbreaking" miss with one big publishing. Stern ended up in print with a small, independent Canadian house. He's planning a sequel, *Goldman's Conjecture*, which he describes as "part of the a comic murder mystery" based on the famous "prime theory problem" the "prime's dilemma."

Though there may be that "the only way to make money [writing] is if somebody's happy to keep doing it." And readers may be surprised at just how funny a book with depression as topics such as "mossy math" can be. ☺

## BOOKS

### Goldman's Theorem

R.J. Stern



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THAT WOULD DO FOR MATH  
DEPARTMENTS WHAT  
JOSEPH HELLER'S CATCH-22  
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March 21: Pico (Sunday)

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## THE 20/20 CHALLENGE

ONE SNOWBOARDER'S QUEST TO HIT 20 VERMONT RESORTS IN 20 WEEKS

For all its glitz, glam and camera flashes, Stowe is also one of skier's and rider's favorites. It doesn't pitch itself as a family resort or a beginner's mountain because it is neither. But, thanks to its history, and beginner lift located at Spaulding Peak that when you see up the rugged terrain of the resort, strategically positioned on Mt. Mansfield, Vermont's highest peak, you can see it was shaped with a serious snow sports culture in mind.

That terrain is the reason Donna Carpenter got caught at Stowe. Area founder and owner of Burton Snowboards with her husband, Jake, Carpenter has skied all over in just about every park resort around the world. But her best weekend in British Columbia, earned time in the Swiss Alps and ridden slopes with celebrities in Aspen. Still, Stowe has her heart. I couldn't think of a better tour guide.

Carpenter puts a striking figure on the slopes. She is tall, slim and regal despite her enviable house and luxury red glass jacket. People always gravitate toward her, drawn in by her warmth and charm.

On the Provenance Quad, Carpenter, whose playground looks her 40 years, encourages me to punch Mt. Mansfield as my snowboard. She knows the woman barely five minutes, and she's already urging me to do something naughty.

At the top of the quad, Carpenter directs as in Lord, a vast meadow that stretches out in a loop as before cutting back toward the quad. As we head down the slope, I glance at Carpenter's board. It's a Burton.

Paul Dand with a giant bumper sticker on the tail — "Keep Your Lines Off My Board" — it reads. It was a sticking staffer from Jake. "My husband's a feminist, and you can print that," she says.

Carpenter passes halfway down the trail to ask if I want to hit the double bar run park off Type. "I'll show you my 200," she jokes.

On all our runs, Carpenter stops to point out some feature of the mountain, share the view or talk about the quality of the snow. She is gregarious and thanks nothing of sitting down on the slope for a job interview.

Before hopping on the quad again, Carpenter stops briefly to exchange some high fives with a liftie from Chile. At the top, she suggests riding in the woods off Tall Trail. Since one of Stowe's hillside features is its surface of glades, I couldn't say no.

These woods are gentle, with the trees far enough apart that I don't worry my ski trying to navigate them. Carpenter says through the tree-lined exit (Burton) and pops out at the intersection of Tall Road and Skutumpah. Then we exit across the mountain to the gondola to ride peppy Perry Merrill before heading over to Spruce Peak. Like a man, she reminds me to keep my eyes peeled on Cassanova. I don't have to knifit.

At Spruce Peak, Carpenter gives me some

other Stowe women who are at Stowe participating in the company's leadership programs — a new initiative that pairs new accomplished female snowboarders with less experienced female employees. An director of women's ski areas at Burton, Carpenter has a vested interest in seeing that these women get something out of the program.

Next, we head to Big Spruce, a quieter part of the mountain that has some of Carpenter's favorite terrain. There's a thrill in the struts on this side of the resort, and the true beauty being heavy with snow. We take a run down Starling and leave the expensive trail to ourselves.

But we're not finished yet. As we reach the Mansfield State Lodge, Carpenter turns to me with a grin. "You want to ride down?" she asks. "Just one year for breaks and cheer it back to life?"

Before I can answer she sits on her board and gives sliding down the hill to the lodge. She down, 14 to go. ☺

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Bent Creek

Skinner Valley

#### ✓ **Bonding - 01/13**

Guake Mountain

Cochran's Ski Area

Jay Peak

#### ✓ **Killington - 12/09**

Mad River Glen

Moggy Mountain

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Okemo Mountain Resort

Peak Mountain

#### ✓ **Savage - 12/16**

Stowe - 01/20

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#### ✓ **Sugarbush - 12/22**

Saw de Sea

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Do you want to find all of Lauren Eller's 20/20 Challenge stops on the web? Visit [stove20.com](http://stove20.com)

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## WHISKEY TANGO FOXTROT

We just had to ask...

**What's with all the  
preappointment  
phone calls from  
the doctor's office?**

BY PAULA RABUTY

**T**he first call came five days before the doctor's visit. Dr. Christina Ren, a human voice kindly offered to preregister me for my December 29 appointment at Gracia Health Care in Broom. She had some questions: Date of birth? Emergency contacts? Reschedule? Insurance? Co-pay? *Is she just going to take my word for it? I was dazed. Not all this info in my fancy new electronic health care record?*

The day after Christmas, a Saturday, there was a visitation from Colorado. A robot had called to remind "Paula" about the same December 28 appointment. Three days later, I showed up at the doc's only to find the "check-in" and "check-out" procedures were still in place. If anything, there were more people in the office, not fewer, and they all seemed to want to know when I was here and whether I had a co-pay.

A few days after the appointment, another robo call came: "According to our records, it's time for Paula to schedule an appointment with Dr. Levine." The automated voice said, representing my physician's name: "If you have already scheduled this appointment, please disregard this reminder."

I did, happily, but not without pondering: What's with all the phone calls? Aren't we supposed to be cutting health care costs? Is it really necessary to remind a patient multiple times about a hard-to-get appointment he or she is not likely to forget?

The flurry of phone calls is reducing costs, according to Lisa Goodrich, vice president of facility practice operations at Fletcher Allen Health Care in Burlington. Every so often is a "last revenue opportunity," she notes. And since the automated "Telever" message system was implemented in the summer of 2005, the number of patients who blow off their appointment has dropped 10 percent, to a \$5 percent.

There have been "staff savings," too. "Three full-time equivalents," Goodrich explains, or roughly \$180,000 a year. Appointment-reminder personnel, and their associated calling costs, have been largely eliminated.

The hospital's had some complaints, Goodrich admits: "The most common here is 'I got two phone calls

for the same visit. Why?' The answer is pretty straightforward: There is no way to predict if we are going to call you for preregistration, or get ahead of you. Making sure you are aware of the visit is what the Telever call is for."

Renner wears an automated message might compromise a patient's privacy — when it comes from infectious diseases, oncology or psychiatric departments, to name a few — the system has been adopted by every one of Fletcher Allen's 65 clinical sites as well as the hospital's 200 outreach locations throughout Vermont and New York.

In fact, Fletcher Allen's entire notification process, including the pre-registration part, has been shaped by concerns about "patient confidentiality." Hospital officials determined some time ago that the old check-in system was too public. Sharing sensitive personal information in close proximity to other people could have adverse effects, from simple embarrassment to identity theft.

So, when the hospital expanded in 2005, "we moved everything to the phone," says Shannon Lomenigo, director of registration. She oversees 10 employees working two shifts in a call center located in South Burlington's Tech Park.

Currently, about 18 percent of BAH's 70,000 monthly patients making physician appointments receive a prenotification call prior to an appointment.

The other 35 percent are repeat customers. "Your data is effective for 90 days," Lomenigo explains. "We don't have to reverify demographic information every time the patient has an appointment."

Unless, that is, he or she is on Medicare — in which case the federal government requires the hospital to ask nine standard questions every time the patient receives any form of care.

Confused yet? Fletcher Allen may soon expand its prenotification "drench" from 90 days to 120, meaning you'd only get that call if more than four months had passed since your last appointment. Lomenigo says it would be a major step toward reducing administrative costs.

But folks who rarely visit the doctor, like me, can still expect to hear from Fletcher Allen every time it's time to call back the prenotification people before you show up. A few years ago, I made the mistake of thinking I could take care of it at the doctor's office. When I got there, someone handed me a portable phone, led me into a private exam room and gave me a number to call. No one would thank me until I got through to the call center.

The digital conversion of health records isn't likely to change this process — not for a while, anyway. For those who choose online registration, when it becomes available, the info they supply won't necessarily cause steps to eliminate the phone call. Call center workers will lead the DIT data from the new system into the old system and contact the patient only if there are issues," says BAH spokesman Michael Caruso.

And if the "issue" happens to be an overdue or automated phone call, well, there's not much the staff of establishment can do. Looks like it's going to be a while before our health care system comes up with a prescription for real and lasting efficiency. ☺

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Dear Cecil,

Are electric buses and other forms of mass transit energy losers compared to driving a car? What with energy transmission costs and poor timing (especially in California) we supposedly waste energy on highways and buses. I know it's not going to be a popular concept, and it may be best to ignore it and hopefully encourage more utilization of mass transit rather than discourage it.

Dave

Not following you, Dave. You're saying we should encourage transit use even if it wastes energy because transit is inherently *co<sup>2</sup>*. This is a questionable policy making, yes. However, confusing claims on this subject are widespread. Consider the following:

- "Current public transportation usage reduces oil use, gasoline consumption by 3.4 billion gallons each year. ... Total annual fuel savings from public transportation would double to 2.8 billion gallons per year or more if proposed coordination in between land use plans and public transportation could replace even more car travel!" — "Public Transportation and Petroleum Savings in the U.S.," report prepared for the American Public Transportation Association, 2007
- "Even if we could get more



people to ride transit, transit uses as much energy and costs nearly as much greenhouse gases, as cars and the trend suggests that car will be more environmentally friendly than any transit option in the country by 2032." — Randall O'Toole, senior editor, *Car Insurance*

Apparently we've got a diversity of opinions. Time for the "Straight Dope" to step in.

Let's compare the average energy efficiency of different methods of transportation, expressed in British thermal units (BTU) per passenger mile. Their numbers were compiled or computed from government sources by my assistant Urs, a professional engineer.

- Motorcycle — 1200 with single rider
- Heavy rail (includes subway and commuter rail but excludes light rail/tram) — 2000, New York MTA rail — 2000
- Connecticut train/rail — 3300

- Bus — 4500
- Auto — 5500 with single occupant, 1800 with average passenger load

A few observations.

1. Shelling out the steep rail rate of New York MTA rail, motorcycles are tops among efficiency wins. However, I'm not seeing them as a practical commuting option for the average mid-term dweller.

2. Trains are efficient, but not that efficient. If you've been packed into a subway car at rush hour, you might think rail has more efficiency by 10 to 1. Un ah — rail travel is a modest 30 percent more efficient than autos on average. New York MTA rail is close to three times as efficient as its car drivers, but again that's the extreme rare Chicago CTA rail, statistically as outlier on the other end, consumes 4500 BTUs

per passenger mile, making it less efficient than the average car.

3. Buses are more efficient than a passengerless car, but that's about it. Last you think the number is skewed by lightly used suburban transit systems, Chicago CTA buses (and most others) are not working! consume 4500 BTUs per passenger mile same as the national average.

On the fine of it, therefore, transit offers no energy advantage over cars except in the hands of ones with heavy rail — and not all of those. Statistically of course efficiency varies widely depending on how many passengers you assume they're carrying, so I won't say transit is an energy loser. Instead I'll nudge up to Randall O'Toole and agree that from the standpoint of energy

consumption, mass use cars is pretty much a wash.

So what's the basis for the claims on the 2007 AP? A study that transit use saves gasoline? The key word is gasoline — or more broadly, petroleum. Rail transit consumes more on electricity, relatively little electricity is generated using oil. If all passengers to drive transit vehicles had to make a bet, we'd use a lot more gasoline. No rain is made about energy-revenue.

Is that a silly distinction? No, and it's here that we get to the heart of the matter. The real issue isn't energy efficiency or usage of dependence. The fundamental problem is that petroleum is sure to be scarcer in coming decades and alternative energy sources will have to be developed. Many of the claims are (and, really, *are*) one best suited to planning

electricity transit distribution is well understood. Electric cars, not so much. We'll see all be meeting around town in high-gulf roads in 20 years? Maybe. But don't count on running at 10 miles per hour in your highly powered SUV.

My point is, big changes are in the offing, and we have to make bets now about what kind of lifestyle the energy use of the future is going to support. The pro transit argument boils down to this: transit prevents densely built-up cities, which we know will work from a transportation standpoint. (If all else fails, you can just walk or ride your bike.) Our built-up, run-of-the-mill, more people-performed-outside living — we'll figure something out that'll take up doing it.

I wouldn't be so sure, but I'm not that worried about it. My guess: Any kind beyond the market will decide.

BLISS BY HARRY BLISS



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# HOW HE ROLLS

This letter is in response to "Feedback" from Robert Hernandez that appeared in the December 29 edition of Seven Days.

In 1996 I broke my spine and spent four months in a wheelchair. As I know firsthand the difficulty and indignity of having to roll around in a seated position and talk to people with my upbraid at their crutch or butt level.

Fortunately, my spine healed and I was able to walk again and look people in the eye when I talk to them, even if I need the assistance of a cane and walk with a wobble limp. I cannot walk more than a hundred yards without great difficulty.

Consequently, I was never able to enjoy the extension of the bike path I worked so hard to create in the 1980s out onto the countryside in Colchester. Not until I purchased a Segway last year, that is.

Riding the Segway is truly a life-changing experience that allows me to travel miles on the bike path and talk to people I once got to see. It provides me and other disabled people like me who can stand the dignity that a wheelchair never will.

As to Robert Hernandez and other fellow Seven Days members who would ban Segways from the bike path, I say my spending four months in a wheelchair and then tell me whether you would prefer the indignity of a wheelchair to the dignity of a Segway before you forever condemn disabled people to wheelchairs in order to enjoy the bike path.

The Americans with Disabilities Act (ADA) requires municipalities to reasonably accommodate people with disabilities. I submit that condemning disabled people who cannot stand to the indignity of a motorized wheelchair in order to enjoy the bike path is a violation of the ADA. Under the ADA, we, the disabled, have an undeniable, legal right to enjoy the bike path as a Segway. As a lawyer who helped create the bike path, I'd be happy to be the test case that proves that point.

Pick Sharp  
COLCHESTER

## CORRECTION:

There were two errors in last week's profile of our Burlington City Councilor Ed Adams. He first ran for city council in 2008, not 2006, and has New Jersey hometowns in Allendale — not Allamond.

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## FREESTYLE SKIING

There's no better place to learn than learning to do it right than Killington Outer Limits the longest and steepest jump run in the East. OK, maybe there are better spots. But none with more bragging rights. The Big Alibi also served as the only greened ski jump in Lake Umbagog. The Bear Mountain High Challenge happened March 27 and 28 and still managed to open on February 22 and 23 and March 22 and 23 cost \$300 (a shirt too!).

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Locals to look for at Watouner: Hannah Kearney (Newark)

## BIATHLON

You do, you shoot, you race! The Otter Allen Biathlon Club is a local center for all the hard gear items in the world and hosts events and training opportunities for athletes of all ages. But for a fun test on the sport, check out the 50th annual Pyralis Biathlon at the Mountain Top Inn & Resort in Newry, N.Y. Biathlon Center in Chatham, N.Y. January 20 and 21 — you do, you shoot, you race!

[www.mountain-top.com](http://www.mountain-top.com)  
[www.otterallenbiathlon.com](http://www.otterallenbiathlon.com)

Locals to look for at Watouner: Logan B. Bailey (Lake Placid, N.Y.), Tim Baker (Paul Smiths, N.Y.), Aaron B. Cook (Lake Placid, N.Y.), Susan Bunka (Barton), Nicky Johnson (Lake Placid, N.Y.)



## ICE HOCKEY

It's hard to know if hockey sticks and pucks were playable in 18th-century Vermont, but, sometimes it can be a challenge to figure out when you can play hockey — at least. Full-blown professional leagues (leagues all) are in both women's and men's ice hockey. Also, check out the local leagues in the state for hockey stick and puck offerings.

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Locals to look for at Watouner: Nicky Johnson (Newark, N.J.)

## SNOWBOARDING

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[www.boltonvalley.com](http://www.boltonvalley.com)

Locals to look for at Watouner: Emily Jacobson (Storham Mountain), Michael Taylor (Richmond)



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# Fighting the Bite

A UVM engineering professor investigates Africa's most dreaded disease: malaria

BY KEN PICARD

**W**ith any luck, Arne Bomblies will get a chance to settle into his University of Vermont office one of these days. But there's nothing like tracking a killer to keep a scholar moving.

At first glance, Bomblies seems like an unlikely person to be conducting research on malaria, an illness that kills more than a million people worldwide each year, most of them African children, at a rate of one every 30 seconds. Bomblies, an assistant professor in UVM's College of Engineering and Mathematical Sciences, has degrees in hydrology and chemical, civil and environmental engineering — hardly the credentials one would expect for fighting infectious diseases.

But, as anyone familiar with malaria knows, experts have been aware of the links between water and mosquitoes, and hence water and malaria, for decades. What's been more difficult to figure out are the most effective ways to interrupt the life cycle of the mosquito and parasites that cause this deadly scourge.

Bomblies, who was hired at UVM a year ago, has been applying his understanding of hydrology — the science of how water forms, circulates and behaves in the environment — to building computer models that do just that. He's using the burgeoning science of complex systems to figure out how changing the variables in the African environment can affect the ebb and flow of a devastating illness.

Bomblies, 36, grew up in Castle Rock, Colo., but was born in Germany, the son of a Dutch mother and German father. His mother was a high school teacher of foreign languages; his father a civil engineer who worked on aid projects all over the globe. That work included surveying jobs for road construction in Africa, where Bomblies would often visit remote project sites. Bomblies eventually picked up five different languages.

This corner office at UVM, on the second floor of the Viceroy Engineering Building, hints that he hasn't been on the Burlington campus long. Compared with



Arne Bomblies

## HEALTH & FITNESS

I'VE SEEN CHILDREN FROM ONE VISIT TO THE NEXT  
**JUST GONE, DEAD.**

ARNE BOMBLIES, UVM ASSISTANT PROFESSOR

the well-stocked environs of tenured professors, with their bookshelves crisscrossed with weighty tomes and bulletin boards plastered with press quotes and a sprig of "The Side" cartoon, Bomblies' office is sparse. With its half-empty shelves, haphazard stacks of papers and study bin of a nearby generator, the room feels more like a last-minute assignment, something the junior dished out for the professor over a long weekend.

But Bomblies' work space isn't out of its personal touches. On one wall hangs a photo of him standing in a group of smiling villagers in the African nation of Niger. While he was working on his Ph.D. at the Massachusetts Institute of Technology, Bomblies' advisor urged his curiosity about the field of public health.

"Initially, I was a little resistant to it, because it meant I had to learn a whole lot more biology," Bomblies admits. "But when I looked more and more into the possibilities, it became clear how fascinating [it was], and how much potential there was for overlap between environmental engineering and public health."

Once bitten by the infectious-disease bug, so it were, Bomblies threw himself into it wholeheartedly. By the time he completed his Ph.D., he'd spent 12 months living in southwestern Niger, a sub-Saharan region with a well-defined rainy season from June through August. There he gathered reams of data to try to draw links between the severity of the monsoon and the seasonal outbreaks of malaria. Specifically, he created complex computer models of how mosquito breeding pools form and respond to changing weather events. Using these precise tools, Bomblies discovered that the causal connections among rainfall, mosquito proliferation and malaria aren't as simple as natural dried in one night session.

Although large swaths of Africa are rife with malaria, Bomblies explains, the disease is transmitted by a parasite in the mosquito that occupies a unique niche and reproduces only

under specific environmental parameters. The main goal of his research is to determine the sensitivity of the mosquito and the parasite to various changes in those parameters.

For example, what happens when you alter the topography of a village and its environs? Or when you plant new vegetation that alters the formation of breeding pools? On a larger scale, what impact does global climate change have on ambient temperature, and thus the time it takes for isolated parasites to reproduce inside the mosquito's body? By gathering such data, Bomblies has set out to build models that will eventually predict seasonal fluctuations in the mosquito population and their likely impact on malaria outbreaks.

Much of Bomblies' work takes traveling to African villages during the rainy season, where he and his grad student assistant, Jody Stricker, collect meteorological information — temperature, precipitation, humidity and so on — as well as data on the types of soil and vegetation indigenous to the region. Those data are logged using a GPS unit and later entered in a computer.

But Bomblies also has to gather the malaria-carrying mosquitoes



themselves. To do so, he and Stricker set up "light traps" — small insect gathering devices about the size of a camping lantern that attract mosquitoes with a small lightbulb and capture them with a fan and mesh net. The traps, which run on six-watt incandescent batteries, are hung outside villagers' huts or wherever humans sleep. Unlike North American mosquitoes, which are inclined to nibble on animals, African mosquitoes have a voracious appetite for human blood, and they typically bite at night while people are asleep.

Bushnell's work gives him constant firsthand experience of the devastating effects malaria has on the villages where he does his research. "I've seen children from one visit to the next just gone, dead," he says. "Older people get malaria as well, but they have a more natural built-up immunity... It's the babies who are really suffering."

Malaria eradication isn't a new research focus for scientists worldwide, but Bushnell notes that his predecessors lacked the computational power necessary to build accurate and predictive models of these complex systems. Moreover, much of the past research was based on regional climate data, which operates on a scale of hundreds of miles. In contrast, Bushnell's building computational models that focus to a sharp point — that of an individual village itself.

Of course, such models cannot be built overnight. So far, Bushnell has collected one year's worth of data in Gifuanga, not nearly enough to create an accurately predictive model — or perhaps one at all. Ideally, his research, which is currently funded by a grant from the National Science Foundation, will be ongoing for at least a decade.

It's a good sign that Bushnell has already attracted international attention. In September 2007, his work was featured in *Seed magazine's* Revolutionary Minds series, which recognized the work of "revolutionary thinkers whose global research has the potential to effect worldwide change."

By necessity, Bushnell is in it for the long haul. As the African continent is further affected by global warming, that too will factor into his models.

"We're going through a period of rapid climate change that is noticeable in the East African highlands," Bushnell says. "What I'd like to do is have a solid record of what's happening there." ☐

## UVM RESEARCHERS CLOSE IN ON DENGUE FEVER VACCINE

Baring the first vaccine testing ground to help cut infections in the tropics has helped bring mosquito-borne dengue fever closer to the study of tropical diseases and their eradication.

Researchers at the University of Vermont's West Hill Testing Unit have just begun their first round of dengue human test subjects in an experimental zone designed to protect one of four sites in the tropical forest. The test site at West Hill is established by a fence and a network of roads and trails, with all-in-one mosquito netting and insecticide spraying. The site is about 12,000 people annually visit, and it's about 12,000 people annually visit, and it's about 12,000 people annually visit. Funded by a \$4.4 million grant from the National Institutes of Health, the project is a major study in dengue fever research in the Americas, including the University of Public Health.

Robert A. Gubler, a WHO expert on dengue, says the site is a unique opportunity to study the ways dengue fever spreads and to test the ways major mosquito control methods and insecticides are used. The site is a major study in dengue fever research in the Americas, including the University of Public Health. The site is a major study in dengue fever research in the Americas, including the University of Public Health.

The main subject of the research is dengue fever, which is the most common mosquito-borne disease in the world. It is caused by a virus and is spread by mosquitoes. The site is a major study in dengue fever research in the Americas, including the University of Public Health.

Because dengue is spread mostly from person to person, and the infected state is of the dengue virus is often asymptomatic. These symptoms, it is possible to test for the virus in the blood or in the urine. The site is a major study in dengue fever research in the Americas, including the University of Public Health.

"It's really exciting," says Gubler. "The results of this research will be used to develop new vaccines and to help in the study of dengue fever and its eradication."

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— E.P.

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### Design Tips for More Colorful Gardens

9:30-11:00am

### Branch Out with Flowering Shrubs

11:00am-1:00pm

Kerry Menden

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### Landscape Design Made Simple

Charles Nordstrom

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### Unusual Vegetables from Around the World

Charles Nordstrom

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Mike Arber

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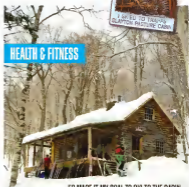
# Cabin Fever

Making the skinny-sleed journey  
to the Slayton Pasture Cabin

BY LAUREN DEEN



## HEALTH & FITNESS



TO MAKE IT MY GOAL TO SKI TO THE CABIN,  
AND SKI TO THE CABIN I WOULD,  
**NO MATTER HOW MANY TIMES  
I FELL OVER IN THE PROCESS.**

**M**any are the reasons we do, sometimes, hike and bike, fun, fitness, fellowship and the gratification that comes from getting somewhere under our own steam. Whether the goal is a hut, a peninsula or a remote stand — the end of Lower Rock Point or the summit of Denali — you're generally loath to stop and turn around before you reach it.

That reasoning is how I ended up atop a steep, icy ridge in the middle of an aggressively precipitous trail on my way to the Slayton Pasture Cabin at the Trapp Family Lodge. I'd made it my goal to ski to the cabin, and ski to the cabin I would, no matter how many times I fell over in the process.

The von Trapp family of *The Sound of Music* first built Slayton Pasture Cabin in 1971 as a way station of sorts for skiers visiting the Snow resort's 100 kilometers of cross-country ski trails. It provided, and still provides, a rest stop where weary ski travelers could refuel by a cozy fire with soup, sandwiches, hot drinks and muddy socks. Over the years, the cabin has become the destination for tourists visiting "Trappes."

Generally as a winter weekend, the cabin is packed with skiers looking to warm up and eat before heading back out to the trails. Mike Gora,

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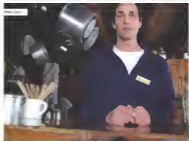
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## Cabin Fever

who has moved on the ski slopes since 2010, said the crowds are so dense on Saturdays and Sundays that often people can't find a place to stand alone. On the weekend when I returned to the cabin, I had the whole place to myself save for a mother-daughter pair on Nordic skis as old as Johannes Vermeer.

was solving. Had I known anything about the complicated calculus that is ski waxing, I probably would have been concerned. My partner is crime slugged guap and wax on her skis so she wouldn't slide down the hills. I just wiped some all-purpose grease wax on mine and hoped for the best.

The wind whistled across the parking lot, and I questioned whether my knee's worth of ski lotion would save me safely to the cabin. But I didn't have



Like many of the tourists who trek the 8 kilometers to the cabin, I was struck by the idea of skiing to a destination, of being able to say, "I made it." In actuality, skiing to the cabin is not exactly a feat on the order of skiing all 300 miles of the Continental Trail. But it is one of the most popular skis in the region, and something you can tick off your list of things to do before you die.

I learned to cross-country ski a week before my trip to the wooded cabin. That is not something I would recommend. The most direct route is a black trail, meaning it should be attempted by someone with more than four hours as the width of golf clubs. But I had gotten the hang of the basics quickly, so I figured I'd be OK.

I brought along my friend Alana for moral support. Alana has skied for 20 years and knows the Trapp trails well. Plus, she is successful and could be called in for assistance in the event that I froze out there or got back up.

The weather was not ideal for Nordic skiing. The thermometer in my car read 35 degrees, and the sky

**ABOUT ONCE A WEEK,  
THE GROOMERS  
TOLE GROCERIES  
UP TO THE CABIN,  
WITH WHICH GORA  
COOKS VATS OF SOUP.**

time to feel it was 2 p.m. and we had a deadline. The cabin is open from 10 a.m. to 3 p.m., and December through mid-April, though people continue to drop in after it is technically closed, Gora said.

Our trip began on Sugar Road, a broad, newly flat track that heads north away from the ski center. The track sat on either side of the trail was waiting, but the heavy weather made them slick, so we were better off sticking to the middle.

As we stood toward the picnic knoll

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2 kilometers away, we were passed by a handful of first-time skiers getting lessons. I was amazed with them — just a week before I had been practicing squaring an orange between my knees, a technique the instructor encouraged me to use when stopping.

In good time we reached the green trail, an epic, rolling hill about halfway between the ski center and the cabin, and I felt confident we'd reach our destination before closing. Alison laughed. "That was mostly downhill," she said, playfully on cue.

Ahead of us was the start of the Cabin Trail. After a drink of water and a few pointers on how to navigate the steep uphill climbs, we were off. Immediately, I needed to shed layers. Since I am new to this sport, I did not yet have my clothing combination dialed. I was either overheating or freezing.

Because the Cabin Trail is practically vertical, there's not much sliding to be done there. It requires either sidestepping, which is slow and cumbersome, or the herringbone method. I chose the latter.

With my feet turned out and my skis in a V shape, I picked my way up the trail. Alison, who seemed to float up it, turned around every so often to make sure I wasn't losing momentum. In the worst moments she would sit down to rest and then magically my back up the hill.

I fell twice trying to herringbone. On one fall, I lost my ski and watched helplessly as it clattered down the hill. Alison retrieved the runaway as I sat there wondering why I didn't just walk up. At this rate, a small child could have toddled to the top faster than I was skiing.

About halfway up the Cabin Trail, which winds its way into pristine conifer stands, I had a disquieting moment. This is the point in my physical career when you are about to quit. Every muscle in your body is yelling at you to stop, sit down, post a little and go home. And yet somehow you keep going.

Once we made it through the brutal uphill section, the trail flattened a bit for the last 1 and a half kilometers. As we skied, I kept having visions of the cabin. I fantasized about seeing its snow-covered roof through the trees. Really, I did. About 15 minutes after we left the ski center, Alison and I reached our goal.

We popped off our skis and ventured inside. There Gore, a licensee, curiously looked 40-year-old who looks not a day over 30, greeted us. He offered us hot

chocolate, which I enthusiastically accepted, and showed us to the stone fireplace where a few logs crackled in the flames.

Gore lives at the cabin five days a week. He is responsible for cooking the soups, firing the woodstoves and making sure the pipes running to the water pump don't freeze. He also has to feed the birds — a "full-time job." Gore said. The chickens, turkeys, blue jays and hairy woodpeckers that frequent the cabin are very demanding and tap at the windows when their feeders are empty.

Gore began working at the resort a decade ago. Back then, the work was just seasonal, tending the Trapp gardens. When the volunteer job became available, he jumped on it, mostly because of the skiing opportunities it provided. Gore lives for skiing.

About once a week, the groomers take groomers up to the cabin, with which Gore cooks up a soup. On this day, he had made something called Cabin Vegetable, as well as a carrot-ginger marmoset soup, which was hearty and chunky — just what you'd want after slopping up the Cabin Trail. And at \$9.50 a bowl, the price was right. Gore isn't a cook by trade, he's had to learn by doing. "I've actually gotten better over the years," he claimed.

As I ate my soup, Gore explained the story of the cabin. It's the first that sits a dormitory, he reasoned, and unique to Trapp's Park, it's had luck, it's friendly, and "holding over has to happen right away up here." Gore guessed that for fewer people would sit at Trapp without the cabin. With single day passes priced at \$12, one of the priciest Nordic tickets in the state, he might be right.

As I perked up to leave as Gore washed the day's dishes with hot water from the propane stove, a neighbor of his duties. He passed for a second to push two large pine trees away from the path. They roared, I shined at Trapp's Alpine Park and featured a coppery rearing of the structure — a small badge of honor after an exhausting ski. "Those call like hawks!" Gore said. "They don't call these back down at the ski center. You have to make it up here to get one." ☺

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# Well Adjusted

Help for bodies in (repetitive) motion

BY JANET ESMAN FRANZ

If you're of a certain age, you may remember "The Mad Squad," that late '70s/early '80s television show where three hip outsiders fight bad guys who prey on other kids. Gardner's Supply Company in Burlington and Williston has its own version of Pete, Linc and Julie. Instead of rebelling the counterculture to expose crime, the company's "Bad Squad" investigates and eliminates client villains who rob employees of their health and well-being: poor posture and ill-fitting equipment. They also teach employees how to counter the effects of repetitive motion.

The Journal of the American Medical Association reports that injuries from repetitive tasks account for more than half of all occupational illnesses in the United States. While the Vermont Department of Labor does not keep data on employer-provided programs

to counter those injuries, it does keep track of workers' compensation claims. In Vermont, the number of workers' compensation claims for repetitive motion injuries increased during the past decade, says Scott Meyer, program manager for the labor department's Project WorkSAFE, which provides free ergonomic risk assessments to employers. Meyer attributes the heightened interest to the rising costs of medical insurance and a better understanding of the relationship between employee wellness and productivity. Last year, 36 Vermont employers, including Gardner's Supply, received awards for their work site wellness programs from the Governor's Council on Physical Fitness and Sports.

The trick is nipping problems in the bud. Gardner's Supply employees spend their days doing the same things over and over, from reaching for phones and typing orders in the Burlington call center to lifting bags and packing boxes in the Essex Junction distribution center. Like many modern workers with

desk-based and repetitive motion jobs, they are prone to pain in the neck, back and shoulders. But, rather than waiting for injuries to strike, the company takes proactive measures.

Gardner's provides training to about six Bad Squad volunteers in basic body mechanics and ergonomics — the science of designing a work space and equipment to fit a worker. The squad members learn to assess posture and determine correct heights for screens and keyboards. With this knowledge, they adjust chairs, rearrange desktops and show coworkers how to sit properly. They demonstrate stretches to refresh overused muscles and, when necessary, call in professional physical therapists.

Hannee Ennesen, generalist kit. Howe created the Bad Squad in 2004 to address what she saw as a potential problem at the civil center. Workers at

## HEALTH & FITNESS

notoriously painful afternoon sessions, reaching for phones about 30 times a day.

If employees' phones are a long reach, their screens too high or their slouch, Hoffman and puts results.

"People are often so focused on their task, they don't realize they could be in a more comfortable position at their workstation," Howe explains. "The philosophy is to get in there early, because we can prevent and treat injuries that develop slowly over time. We can avoid a worker's comp claim."

Even pain that originates outside the workplace is cause for concern. "We don't care if an injury is from work or not," Howe says. "If you're sore, it affects your work."

The squad meets new hires, employees who change workstations and anyone who calls for help by submitting an "Ergo Alert" form. About 20 such requests come in each year, says squad member Sue Tracy. Also a human



By April, Kane leads the group in stretching.

resources generalist, she understands the importance of keeping employees comfortable. Tracy encourages staff to take stretch and strength breaks using company-supplied Thera-Bands — colorful latex strips used for exercise.

Those stretches and adjustments had a dramatic effect on Maria Gustaf, 48. As public relations director, she spends a lot of time sitting while writing and talking on the phone. A herniated disk, the result of a car accident years earlier, gave Gustaf discomfort in her back that began as soon as she sat down and stayed with her all day.

"The pain would radiate up my back and down my arm," she recalls. It broke her concentration. But even worse, Gustaf says, it prevented her from being active after work. She was too sore to sit, hike or even swim. "The pain was so bad at the end of the workday that I couldn't go out and do anything," she says. "It was very frustrating."

After eight months of this, Gustaf called the Rod Squad. "They assessed my desk and how far my arm was from my phone," she relates. "They changed the height of my keyboard and computer screen, got me a new phone cord and headset, and changed my chair position so I don't have to reach a lot to get to stuff on my desk."

It worked. Gustaf's sharp pains disappeared, and a new routine of frequent stretching keeps her limber. Several times a day she takes a few minutes to stand, lift her arms overhead, along her shoulders and do yoga-style lunges to release her lower-back muscles.

Given the pain Gustaf was experiencing, why did she take so long to call the Rod Squad? She thinks her waiting was not unusual. "Everybody knows you're supposed to have your keyboard

at a certain height and all that, but you're so busy you don't get to it," she says. "To have someone come in and give me personal attention made it easy to get my office in good shape."

Gardner's also urges warehouse staff to keep fit at work. At daily crew meetings, 20 or more people do stretches together in the distribution center break room. Some exercises imitate motions they perform while working, such as lifting and reaching. Others stretch body parts in an opposite direction from their movement on the job, such as bending wrists back to alleviate the strains of repetitive folding and tying, or rolling the neck to counter the effects of heading over boxes.

The stretch routine takes about 15 minutes, explains Rodger Kane, a 44-year-old manager who leads exercises for the day shift. "We get into the big of cardiovascular, parking buses on automated runs," she says. "Sometimes you don't realize how stiff you are until you start stretching."

Kane is grateful that her employer allows time for exercise. "Instead of waiting for people to come in with sore muscles that might keep them from working, they encourage us to stretch as preventative maintenance," she says. "Clearly, it makes up for the [time] we spend stretching."

While Rod Squad can't quantify the savings from stretching and Rod Squad interventions, she maintains that arming employees with self-care skills benefits the entire company. "We are employee-owned. Any costs for medical insurance and worker's compensation come out of our own pockets," she notes. "It makes sense to care for ourselves and each other. Everything is going to run better that way." ☐



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FIG 1



FIG 2



FIG 3

# Chef of Steel

A food writer learns to like pumping iron — when it's cast-iron cookware

BY SUZANNE PODHAIZER

In my kitchen, bare feet planted on a grippy blue yoga mat, grasping a cast of coconut rolls in each hand.

With my arms and knees bent and the shins cast tops pointed at the ceiling, I begin doing a set of "triceps kickbacks." "Keep your cheeks tight," instructs personal trainer Jackie Decarnara, 29. "I don't mean the ones you smile with."

After completing a series of upper-arm and shoulder exercises, I pick up a nearly full container of bagging Vermont Maple Lacrosse ice for "wrist twists." The amber liquid splashes and froths apologetically as I rotate the bottle. I finish the routine with an ab workout using an orange uncrushed container. Le Crueset aside pan is a weight lifting with knees bent and feet crossed. I lean back and, balancing the pan in both hands, sway it from my right side to my left. Decarnara counts my reps, gives me tips on form, and encourages me when my muscles start getting shaky.

As I do a post-exercise stretch, the trim blonde fills a piece of notebook paper with the steps in the kitchen circuit workout she's devised. When she's done, she heads back to the Woonsocket Health Club in Woonsocket, where she's the general manager. My job is to do the drill three times before I meet with her again next week.

Like pretty much everybody I know, each January I resolve to exercise more, eat smaller portions and fit into those jeans that don't quite leave the way they used to (because they shrink in the dryer, of course). And, like pretty much everybody I know, when the next December rolls around, things haven't changed as much as I would have liked.

One year I resolved to walk up and down the stairs in my old apartment for 30 minutes per day, but I got bored quickly. plastic and concrete about

bugging the neighbors with my workout music didn't help. As an introvert, I quit at the gym soon, and I really prefer my own shower. A week later, something that running a part of the question.

The idea for an exercise routine using cooking equipment and ingredients came to me as Christmas nears, as I kneaded a batch of

stiff pasta dough for ravioli filled with a lush chestnut, mascarpone and white-truffle oil mixture. The recipe, from The French Laundry Cookbook, insisted that the dough be worked for 15 minutes, if not longer. "Even if you think you are finished kneading, knead it for an extra ten minutes; you cannot overknead this dough," cautions the author.

Just 10 minutes in, my fingers were feeling the burn. Even after 15, the egg yolk-stuffed ravioli hadn't yet achieved the proper elasticity, and so I kept at it till

it did. Asking that I'd be sore the next morning, I asked my family to help me brainstorm other cooking tasks that require an athletic level of effort: whipping egg whites into meringue, shaking cream until it breaks into butter and buttermilk, grating pounds of beets, cranberries and carrots for borscht or stew. In short, most things that we've got Cuisinarts and KitchenAids to do for us.

Next, trying to get fit while making coleslaw or a hearty Russian soup — enriched with beef and topped with a generous dollop of sour cream — seems sort of silly and counterintuitive. But somehow the idea of using my kitchen as a gym did not.

For me, this nearly every article on getting fit suggests finding ways to work up a sweat that you enjoy, and there's little I enjoy more than handling and preparing food. What if, rather than simply striving to take a walk three times a week, I made a point of walking to get my groceries — and carrying them home in a backpack — while my car stored put? If I could find a way to do some supplemental strength training at home, using my chemical reduction of coleslaw and cream as my exponents as weights, I might have a solution to the workout dilemma.

That's where Decarnara comes in. Encouraged by an enthusiastic client, she overcame a touch of initial trepidation and agreed to work outside her element — and in mine. In the first few minutes of her visit we examine my collection of pantry staples, my hanging pot rack and my work surfaces.

Pulling a cardboard chair away from my dining-room table, she notes that it will be perfect for squats. Bending my knees until my butt just touches the surface is a way to ensure that I don't break my bum knee. I can do modified push-ups with my palms pressed against the metal corner by the sink. The cast of organic coconut milk, a couple years out of date, are the perfect smoothie bowls.

Two days after my first day with Decarnara, I do the workout solo for the first time. I've forgotten the proper technique for the triceps lift, but I muddle through. I find myself wanting to add

## HEALTH & FITNESS

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# SIDEdishes

BY SUZANNE PODHARZ

## Cool Beans

CHICK CITY GETS A NEW BEAT

Since the Blue Star Café closed its doors in December 2002, downtown Wisconsin has been without a coffee shop. That changes this Monday when the **BLACK GALLERY**, which recently re-

located to 1 East Allen Street (former site of Green Close), opens its petto coffeeshop. A grand opening will follow on Valentine's Day weekend. "The focus of the whole thing is to make it a community hub for artists," says co-manager and musician **JOE ADLER**. "We'll have live music on Friday and Saturday, we'll have a poetry night. One day a week we'll do children's story time." The gallery's 12 units, plus 10 free carts around the edges,

says Adler, share space with the paintings, pottery and jewelry on display. "The beans will start flowing at 7 a.m. on weekdays and 9 a.m. on weekends. Initially, all the beans — and most of the tea leaves — will come from **VERMONT ARTIST COFFEE & TEA COMPANY** of Waterbury. Nearby **PURPLE SMITH HERBS** will provide a special herbal tea; muffins and croissants will hail from **BLINDTASTING COMPANY**. "We don't do any smoking here," says Adler. "We're talking to some local bakers and are looking into tapping into some of the different cultures here in Wisconsin — getting some Moroccan proteins and a variety of stuff you wouldn't find at other coffee shops."

Both Adler and gallery founder **LEONARD BROWN** say they have plenty of plans for the Black Gallery and Coffeehouse, some of which will take time to reach fruition. The drink menu, for example, will start with classic coffee and espresso drinks and expand as customers make requests and "we find

out what people really want," says Adler. For now, he and Brown are stoking while the iron is hot. "We're had 10 to 15 people coming in a day and asking when we're opening, so we decided we needed to open."

## Hail Britannia

SLIMES IN NEW YORK JERSEY

Founded in New Jersey, the 31inger sandwich chain calls itself "America's Sub Shop," but not in **SMALL TOWN, NEW JERSEY** anymore. Longtime owners of the 31inger on Skidmore

count beef, corned beef and pastrami (dred with cheddar), salt-pickled onion rings and creamy mustard sauce. "America's subs" will still be available. "We're keeping the sandwich line," Cleveland asserts. "The bread is still fresh baked, and everything is still sliced to order."

Coming in February, fish and chips, which Cleveland will make using her grandmother's recipe. "It will be fresh fish and hand-cut French fries served with smelt vinegar," she says. "I want some right now!" But is fish best? You can get fresh "chips" with any sub.

At home, Cleveland loves to cook favorites from her

Davis devised a menuing system from order, and he asked Seven Days to handle the details. "I thought we'd get 50 or 100 [orders]," he recalls.

To Davis' surprise, one orders surprised 700 potential locations, ranging from silly suggestions to thoughtful, providing meditation on sustainability in agriculture. "We took a look at them and came up with a short list," Davis says.

None of the gourmet venues ticked the entrepreneurs' fancy — Davis cites Earlington House, Brantley, Wick Beer, Bump & Shrug, Cooles Run Roast and Port Puffy McRuffin as particular. But they decided to opt for something a little more down.

The finalists included Harvest Public House, The Catoctin's Den and the oft-suggested Old McMillen's. "We wanted to be authentic, because there was already some local use of words like Harvest and Catoctin," Davis says. "We were really liking Catoctin."

But when they went back to the list, Davis considered another possibility "jumped off the page." The final selection, **FARMHOUSE AT AGRAL**, 16 years established in open in May or June. And The Winner? **Diana Nomenclature** of Williams, who will get a \$50 gift certificate to the restaurant.

Davis notes that the move is appropriate "because we want to build a menu based on what we can get locally, rather than build a menu and source it with local products." Besides using local meat and dairy, he says, the eatery will look to hire local chefs and serve proteins such as dairy beans and pickled beets to keep local veggies on the menu year-round.

His dad thought "It's hard to make a business. That's what we learned."

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Real, are finding inspiration overseas. They recently shortened the franchise and changed the name of their business to **31INGER JERSEY**.

"I'm from Yorkshire originally," explains Shelley Cleveland. "My grandmother worked in a fish and chip shop for years." More than a decade ago, the first resolved to follow in her grandmother's footsteps, but with no restaurant experience to speak of, she was "a little fearful of what I was getting myself into." To ease into ownership, she and her decided to open a "Bisque" — which they ran for 13 years. "If I don't have enough experience after that, I don't know what," says Cleveland.

she says longtime customers have been supportive of the change, which involves adding sandwiches such as the Car Boney, a

beefsteak, such as meat and potato pie and the weekly roast beef and Yorkshire pudding dinner she makes for her daughter. Will those hearty dishes ever appear at Union Jack's? "I want to get my feet wet introducing all this new stuff," says Cleveland, "but they might eventually."

## Name Game

BRINK STREET GASTROPUB SETS A HAPPLE

When **JOE DAVIS**, **BOB DUNN** and **PAUL SELLER** decided to open a gastropub in the old McDonald's building at Burlington's Bank Street, they had a winning concept in mind — local wine, burgers, cheese, charcuterie and craft-brewed beer. They just didn't know what to call it.

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Suzanne Podharz is a food writer in Burlington, Vermont.

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# In the Bag

A Barre lunch café counts calories for its customers

BY ALICE LEWIS



Local kale chips are the new party appetizer.

For dining desk jockeys, lunch is a challenge—brown bagging it is a chore, but so is adding up restaurant calories. Maybe that's why so many health-conscious office workers in the Barre area stop by—a ready store.

Sure, Mike and Sarah's Simply Delicious offers plenty of reasons to shed a few pounds: that it's also home to Bag Ladies Express Café, where followers of Weight Watchers can find the "four-point sandwich." Customers choose the meats and veggies, and Bag Ladies owner Lauren Abraham bags them up—keeping the whole package under 250 calories. When dining customers aren't sure what to order, says Abraham, "I ask: How many points do you want to spend?" People appreciate

it. They come in and ask, "What can I get for this many points?"

"When I came back from the holidays, my customers were looking for something healthier," says Abraham, as she prepares a turkey sandwich for a customer.

The point-dishwashing is a surprisingly welcoming figure with the heavy nose and friendly knowing of Bessie Taylor. "She knows 90 percent of the community and I know the other 10," teases Chris Clark, owner of Simply Delicious, whose register and case of Barre trifles sit across the spacious shop from Abraham's deli counter.

When Clark purchased the store three years ago, he gave a nascent Abraham one of the talking points. "Because she was an established, she had a devoted

clients," Gersh says. "She had a reputation that preceded her."

The Bag Ladies brand began 10 years ago when Abraham and another mother with kids at Sarah's St. Martin's School, Anna Brown, began selling bag lunches to local housewives. Abraham had her kitchen professionally licensed and, within months, the venture had taken up residence at Simply Delicious. Not long after, Brown left to expand her business in Montpelier at Nina's Wrap Works with "pretty much... the same menu we have here," Abraham says. (The former Nina's now operates without Brown as Gertie Miller's Deli.)

Looking back, Abraham says she never planned on going into the food business. "It was somebody's plan, but it wasn't mine," she says, looking apologetic.

Abraham grew up in an Italian New Hampshire household where culture counts, wasn't a pizzeria, her mother used ground salt pork to grease the pan before starting her tomato sauce. "My mother thought, if you weren't making 400 meatballs, why make any at all?" says Abraham with a laugh.

**YOU SHOULD NEVER HAVE TO EAT SOMETHING YOU HATE, EVEN TO BE HEALTHY.**

**LOREEN ABRAHAM, OWNER, BAG LADIES EXPRESS CAFE**

She met her husband 20 years at the University of New Hampshire, where she studied special education. By the time they married in 1980, he was a helicopter pilot in the Marines and she was a full-time military wife. At monthly support gatherings of wives on the base in Jacksonville, N.C., Abraham became famous for her loaded bread. Her baking turned into a business when a one-offer wife asked her to prepare it for a dinner party.

Soon Abraham was preparing full Northern or Southern-style meals for her firm. By 1988, she was making lunches for Marine kids and catering ball games, as well as teaching her skills to her six-board fellow wives. "While their husbands were in amphibious warfare

training, I'd go in and show them how to make loaded bread," she recalls.

After several stops in southern bases, the Abrahams returned to their native New England in 1993 when Michael got a job at Norwich University. Abraham continued to cater parties with many of the same recipes she used at the Marine base.

Though Abraham had not thought of food as her vocation, it was a lifelong passion. "I've always measured my life by the meals we had and where we were," she says. The laughs in the stories, "I go to the gym at night with a friend, and we spend the whole time talking about recipes. I get done with our meal, and I'm thinking about the next."

It wasn't until Abraham was raising her three children (now all in their twenties) that healthy eating became more important in her life. Her motto: "You should never have to eat something you hate, even to be healthy."

Abraham knows what she's doing when she makes four-point sandwiches, because she's been a Weight Watchers member herself. She can prepare any of the Bag Ladies sandwiches in a six-point wrap in flavors such as garlic herb and spinach, on a 100-calorie Ancho's Sandwich Thin, or on Maggie's Bread from the Montpelier bakery. They can also all be served "au sauté," or heated on Abraham's pizza grill.

For those who don't want to load up on carbs, every specialty sandwich can also become a Bag Lady Bucket—a salad featuring all its ingredients. Specialties include The Vermonts, a combination of corned beef turkey with apple, cheddar, ketchup, carrots and Abraham's extra sharp honey mustard. The Monarchs is a spicy monkey meat of roast beef, onions, ketchup, onions and lots with hot peppers and horseradish mustard.

The options are nearly endless, claims frequent customer Mary Jane Magnus, who works at nearby Richard J. Wobley Jewelers. Though Magnus does not follow the Weight Watchers plan, she says ordering the four-point sandwich means she will have a healthy lunch. "[Abraham] has such a strategy that you can get something different and low fat every day," she says. "We go at least two or three times a week. We call every day to hear the specials, but she's very good—if she has a soup we like, she'll just give us a call and let us know."

Weight-loss diets are no longer the only ones to which Bag Ladies cater. "I'm seeing more and more people who are lactose or gluten intolerant," Abraham says. She ensures

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FIG. 1 FIG. 2 FIG. 3

**THE IDEA FOR AN EXERCISE ROUTINE USING COOKING EQUIPMENT AND INGREDIENTS CAME TO ME ON CHRISTMAS NIGHT, AS I KNEADED A BATCH OF STIFF PASTA DOUGH FOR RAVIOLI.**

continuing to do the current workout, is carrying a full load of groceries home on my back. On a worst-case morning, I trudge 1.2 miles through the slush to City Market with my blue and tan Gumpert backpack — empty save for my laptop — on my back. At the store I don't hold back. I buy a heavy glass jar of pesto butter, cans of tomatoes, bottles of salad dressing and a bulky package of Reynolds Greenstreak toilet paper that's on sale.

At the checkout counter, I realize: I've been a bit too indulgent. Only a third of what I've bought fits in my backpack. I loaded up with slush as my head, I finish the trip. Together the bags weigh in at 35 pounds, nearly enough to burn a few more calories than walking unencumbered.

It's been just over a week since my first meeting with DeCristina, so I can't yet offer to any measurable results. But what I can say is that so far I've found a useful way to step up the process, from helping out the delivery men as for my morning workouts to picking up my groceries at last.

The day after my trip to buy food at the co-op, I park myself at the office and walk to the Burlington Water Bureau Market. Sit up my pack and walk back. As I write this, I can feel the soreness in my neck and my knees that signal I'm getting stronger. And I've already got plans to make a batch of pasta with hand-churned butter for dinner.

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The Vermont Public Service Board seeks three Utilities Analysts or Staff Attorneys. The analysts or attorneys review utility related filings, provide oral testimony in quasi-judicial hearing officers, assist the Board in cases that the Board hears directly, draft proposed rules, and assist in the development of Board policy on utility related matters. One position will be an exempt full-time position. The other two positions will be exempt full-time, limited service positions funded entirely by an American Recovery and Reinvestment Act (ARRA) grant. One ARRA position is expected to be funded for three, and a half years, the second ARRA position is expected to be funded for two years.

The non-ARRA funded position may work on electricity, telecommunications, natural gas, cable television or water regulatory issues. The two ARRA funded positions will focus on electricity related topics areas including, among others, electricity based renewable energy, transmission and distribution infrastructure, smart grid, and energy efficiency.

Excellent writing and analytical skills required, and judicial temperament vital. Prior experience in utility regulation or related areas, including ability to analyze or administer law, preferred. Experience with financial or business decision making, and experience and training in public policy highly valued.

Requires either a J.D. from a recognized law school and admission (or eligibility for admission) to the Vermont Bar or a bachelor's degree and at least two years professional experience in accounting, auditing, economic or financial analysis, business or public administration, permitting planning, physical science, engineering, or an environmental or natural resources field. Graduate work in related fields may be substituted for the required experience on a semester-for-semester basis.

See <http://jobs.vermont.gov/> for more information.

For more information on the Vermont Public Service Board, visit [www.vermont.gov](http://www.vermont.gov). For more information on the Vermont Public Service Board, visit [www.vermont.gov](http://www.vermont.gov). For more information on the Vermont Public Service Board, visit [www.vermont.gov](http://www.vermont.gov).



When people visit our Champlain Mill office, they almost always tell us, "I wish I could work in a place like this!" To help you too, choose the friendly, casual, free-drinking, customer-supportive environment offered by our 43+ employee company.

PCC has been designing, developing and supporting our proprietary specific practice management software for the last 27 years. We recently launched a new clinical product and are expanding our team to accommodate increased demand for this software.

■ **SOFTWARE SUPPORT SPECIALIST**

PCC is looking for dynamic individuals who understand the meaning of customer service to join our Software Support Team. Guys helping our doctors practice doctors build their Practice Management and EMR software skills and confidence, while working as part of a customer-focused and dynamic team, focused in a career that builds, creates problem solvers, training and travel is a must. Prior experience in health care technology desired, but not required.

To learn more about PCC, and how to apply, visit our website at [www.pcc.com](http://www.pcc.com) or contact our recruiting team by application at January 25.

No phone calls, please.

**Registered Nurse-  
Inpatient Psychiatry**



Central Vermont Medical Center is seeking a qualified candidate to join our multidisciplinary team on staff of the inpatient Psychiatry Unit. Our excellent nurse/patient ratios and focus on quality care contribute to an exceptional working environment.

We currently have a Part time opening available on the night shift to work 40 hours bi-weekly with weekend rotation. Previous psychiatric or nursing/psychiatry experience a plus. Candidates must have an interest in Psychiatry, Nursing and 2 years of psychiatric nursing experience is preferred. We offer competitive night and weekend shift differentials, paid time off, and a generous flexible benefits program. Current VT RN license required.

\*\* We also have other Registered Nurse opportunities available in our Medical/Surgical Unit, Nurse Residency, Women's & Children's, OR and ICU \*\*

For more information or to submit an electronic application, please visit our website at [www.cvmc.org](http://www.cvmc.org) or contact Sarah Harris, Recruiter at (802) 737-5919

**CV Central Vermont Medical Center**  
Central to Your Well Being / [www.org](http://www.org)  
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### Employment Opportunity - Town of Milton.

The Town of Milton is seeking qualified persons to fill the following position:  
**Part-Time Position - Available Immediately**  
**Recreation Coordinator - Recreation Department**

An employment application and the job description posted at [www.townofmilton.com](http://www.townofmilton.com) and available in the town manager's office.

Submit your employment application and resume to Town of Milton - Human Resources - 43 Henderson Road, Milton, VT 05461. Open until filled. REE

## SPECIAL EDUCATOR PARAEDUCATOR

West East Network is a Montpelier-based agency seeking to fill the following position:

**Special Education:** Individuals who are competent and flexible to work in public and independent school programs, including a few students with intensive related education needs. The qualifications include direct service case management, case supervision at a small number of paraprofessionals. Must have a special education endorsement and a VT teacher's license and relevant experience.

**Paraprofessionals:** Individuals who have paraprofessional education, experience working with individuals with disabilities, including following individualized protocols, educational programs, direct instruction, the curriculum. Must enjoy children, youth and the social relationships in these settings.

Each position has its own benefits. **Specialized positions:** Some flexibility in your career across independent schools. Vehicle and/or driver's license required. Criminal record check will be conducted for final candidates.

Send resume and cover letter to:  
[info@wennet.net](mailto:info@wennet.net)

[www.wennet.net](http://www.wennet.net)



West East Network

## TRUE NORTH A Complete Office

True North Wellness Program seeks Office Manager to support employees, directors and clients. Candidates should be: team managers, people with high drive to do more, representative of the culture, enthusiastic, personable, good listening skills, a great, light hearted, fun. Benefits include competitive salary, health insurance, 401K, IRA.

True North Wellness Program  
PO Box 837 - Montpelier, VT 05602  
[office@truenorthvt.com](mailto:office@truenorthvt.com)

## WomenSafe HOUSING COORDINATOR

Are you an experienced professional with a strong background in housing and community development? We are seeking a Housing Coordinator to lead housing programs, including tenant, landlord, and community development.

Please email resume and cover letter to: [info@womensafe.org](mailto:info@womensafe.org)  
WomenSafe, 100 North Main St., 3rd Floor, Montpelier, VT 05602



ARD Inc. (www.ardinc.com), a Tetra Tech company has multiple professional openings at our corporate headquarters located in downtown Arlington. We are seeking qualified candidates to consider for the following positions with the firm. For complete position descriptions and applications, please visit our website at <http://www.ardinc.com/careers.php>

### Budget Analyst

IT experience. Provide support in managing, monitoring, reporting of financial data, perform financial analysis.  
\* 3-5 years experience in financial systems development, including budgeting and reporting.  
\* 3-5 years experience in financial systems development, including budgeting and reporting.

### Cost Proposal Specialist

IT experience. Preparation of budget proposals of multi-million dollar projects and contracts, including proposals and contract negotiations.  
\* 3-5 years experience in preparing high level proposals in the field of software development experience helpful.

### Software Developer

IT experience. Develop, adapt and maintain standard micro-based project management or financial systems software.  
\* 3-5 years experience in software development, including budgeting and reporting.

### Accounts Payable Assistant

Part time, 20-30 hours per week. Responsible for processing accounts payable for the firm.  
\* High school diploma or GED equivalent. 2+ years of accounting support experience required.

U.S. citizenship or valid U.S. work permit is mandatory for all positions.

### To apply!

Please email a letter of application with current resume to [humanresources@ardinc.com](mailto:humanresources@ardinc.com). Please refer to the appropriate Job Code in the subject line. No phone calls will be accepted.

ARD Inc. is committed to diversity and gender equality in all of its operations - within ARD and across the globe. We strive to reflect these goals in our global mission and our workplace. We encourage applications from women and women-owned enterprises, racial and ethnic groups. ARD Inc. is proud to be an Affirmative Action/Equal Opportunity Employer.

## 2010 Census Be part of history!

### APPLY NOW!

Recruiting Assistants, Clerks,  
Census Takers AND MORE!

Flexible hours & paid training  
Must be U.S. Citizen and  
pass written test.

Call TODAY

**1-866-861-2010**

For more info and pre-test test,  
go to [www.2010census.gov](http://www.2010census.gov)

US Census Bureau  
An Equal Opportunity Employer

## BOOKKEEPER

Small Vermont SBA (c) (4) non-profit seeks part-time bookkeeper with solid experience in QuickBooks and good understanding of accounting principles. Must enjoy working with variety of people. Flexible schedule. Final resume and/or letter of interest to [info@vtrnbookkeepers.com](mailto:info@vtrnbookkeepers.com)



## Norwich University Applied Research Institute WEB APPLICATION DEVELOPER

Norwich University Applied Research Institute (NARI) is a growing nonprofit organization, currently seeking a full-time Web Application Developer.

### DEVELOPER IS RESPONSIBLE FOR:

Building the architecture of extensive online courses, working with design team to build front-end interfaces that can join with Web 2.0 applications, creating management systems, and developing extensive testing and testing scenarios to track, track and release student education.

### SUCCESSFUL CANDIDATE WILL HAVE:

Experience in programming languages for web-based teaching platform. Knowledge of PHP/Java is a plus. Internet development experience. Knowledge of HTML and CSS. Experience with database management systems. Experience working with team environment and project schedule a plus.

### WORKING CONDITIONS

Interest: Well preferred is an office environment located in Hanford, VT. Remote work arrangements not available.  
Education: Some level required.

NARI is an Equal Opportunity Employer. All qualified applicants will receive consideration for employment without regard to race, religion, sex, or national origin.

Submit your letter and resume to: [NARI@WebProgrammerSearch.PO](mailto:NARI@WebProgrammerSearch.PO) Box 200, Hanford, VT 05448. We are an equal opportunity employer. Company policy and other benefits apply.



## ASSISTANT COORDINATOR

Milton-River School Kids seeks Assistant Coordinator, 10-30 hrs per week. Responsible for including direct supervision of children, participation in activities and special events, and curriculum planning. Position requires at least 4 college level courses in elementary education and/or child development, plus at least two years experience working with groups of children, and a background check.

Please send resume and three professional references to:  
Child Care Director  
Milton Family Community Center  
PO Box 918  
Milton, VT 05468

## Join VEIC - Be part of the energy solution!

Currently hiring

### QUALITY MANAGER

Application deadline of February 3rd, 2010

Responsible for the research, development, implementation and review of organization-wide quality assurance activities, management systems, and reporting to ensure VEIC's business practices achieve best practice standards, meet contractual obligations and ensure consistency with VEIC's mission and core values. Works with senior managers in strategic planning, devising quality measurement metrics and analysis of key organizational processes.

Requirements: Bachelor's degree in appropriate discipline plus five to ten years Quality Management experience or a combination of education and experience from which comparable knowledge and skills are acquired.

Complete position description available at:  
[www.veic.org](http://www.veic.org)

VEIC is an Equal Opportunity Employer. Qualified applicants are considered for employment without regard to age, race, color, genetic information, religion, gender, national origin, ancestry, place of birth, marital status, sexual orientation, gender identity, HIV status, disability, military or veteran status or any other legally protected status.



### CHAMPLAIN VALLEY HEAD START



**COUNTY SUPERVISOR (Addison County)** Responsibilities include: supervise management of curriculum, lesson plans, child outcomes assessment, and child health and family data file reviews; monitor and enrollment activities; management of program budgets; resources; community partnerships; record-keeping and learning projects. Qualifications: bachelor's degree in early childhood education, special education, or related field; 3 to 5 years relevant work experience; supervisor experience. Knowledge and experience in developmentally appropriate early childhood practice, child outcome assessment, child behavior management, curriculum planning, development and implementation. 40 hours/week; 42 weeks/year; \$33,725/year. Health plan and excellent benefits.

Successful applicants must have excellent verbal and written communication skills; skills in documentation and record-keeping; proficiency in MS Word email and Internet; exceptional organizational skills and attention to detail. Must be energetic; positive; mature; professional; diplomatic; motivated and have a no-excuses attitude. A commitment to social justice and to working with families with limited financial resources is necessary. Child driving record and access to reliable transportation required. Must demonstrate physical ability to carry out required tasks. People of color and from diverse cultural groups especially encouraged to apply. Please submit resume and cover letter with three work references by email to [placharney@vchvs.org](mailto:placharney@vchvs.org). No phone calls, please.



### VERMONT COMMUNITY LOAN FUND

### MARKETING AND COMMUNICATIONS MANAGER

The Vermont Community Loan Fund, a nonprofit community development financial institution, is currently searching for a Marketing and Communications Manager to market the Fund to investors, borrowers, donors and the public at large.

This full-time position will be responsible for printed communications, marketing materials, the corporate website and media relations. The successful candidate will have at least 3 years of experience in communications, public relations and/or marketing. Must have excellent interpersonal and communications skills, and be extremely adept at oral and written communications. A complete job description can be found at [www.vclvfrcnvt.org](http://www.vclvfrcnvt.org).

VCLF is an Equal Opportunity Employer



### NORTHWESTERN COUNSELING

A MEMBER OF THE

### AUTISM BEHAVIOR CONSULTANT

The Autism Behavior Consultant responsibilities include implementation and adherence to the Behavior Analyst Certification Board Standards in daily practice including, best practice and ethics. Persons interested in the position should be able to conduct functional behavior assessment, and then create, facilitate and implement appropriate educational and behavioral interventions for students with various developmental diagnoses within their schools communities and homes. This position requires actively training, guiding and supporting educational and behavioral staff, families, home and community based support providers in a variety of settings utilizing a family-centered approach. Working in a collaborative team structure is important and this position requires flexibility with time. Room arrangements to teams are centered on best practices while using developmental strategies to guide room arrangements according to age appropriate requirements. Master's degree in a Human Services field, plus a minimum of three to five years relevant experience, as well as experience in Applied Behavioral Analysis and Functional Behavioral Assessment are required. Registered working with children with autism is a must.

### CRISIS CLINICIAN

Seeking an individual with a master's degree or a bachelor's degree with relevant clinical experience. Position offers very competitive compensation and a flexible work schedule. Supervision towards licensure available. Crisis work requires teamwork with other professionals and engagement in community and the ability to work under pressure and maintain a positive attitude in potentially challenging situations. Crisis calls provide 24/7 crisis services to children and adults in Residential and General Life situations.

HR Dept., 107 Fisher Pond Road, St. Albans, VT 05478, 101

Visit our website for position details and to complete listing of available opportunities: [www.nccrc.org](http://www.nccrc.org)

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[sevendaysvt.com/classifieds](http://sevendaysvt.com/classifieds)



**Residential and Outpatient Treatment Clinician** needed to do intensive, individual work with pregnant and parenting women recovering from mental health and substance abuse disorders. You'll be supported by a team of multidisciplinary professionals providing individual and group therapy utilizing CBT, DBT, AET in addition to the other integrated modalities you will bring. Women use master's degree in human services related or counseling field, LADC, and mental health license preferred. To learn more about this position and about the benefits of joining the Land Family Center team, please visit [www.landfamilycenter.org](http://www.landfamilycenter.org)

Submit cover letter and resume to:  
Jamie Towne, MS Manager  
PO Box 4065, Burlington, VT 05406

Fax (802) 663-6480 or email [jamiet@landfamilycenter.org](mailto:jamiet@landfamilycenter.org)

## Property Management & Sales Position

Assistant needed for Property Sales & Management Office in Colchester. Must be good with people, have knowledge of MS Word, Excel & Access. Need 16 F and 40 weeks. Must have previous sales. \$9 hour and some of income! Excellent communication skills. Duties: (a) usually be good with follow through, responsible and trustworthy. Must have excellent references. Apply with resume of experience to: HR, DEPT PO Box 2208, S. Burlington, VT 05407



## Howard Chandler

Active and inspiring young women needs a **Shared Living Provider** who will provide a supportive and dynamic home environment. The ideal candidate is an individual at couple who nurturing, patient and encouraging. Must be self-motivated, maintain clear boundaries and expectations, and be honest with personal care prompting. Generous for true depend and capable budget-minded. Please call Michelle at 865-1020-4381

Severance Corners is an Equal Opportunity Employer. Race/ethnicity, gender and sexual orientation are not criteria for employment. Background checks are performed on all employees.

**Forbespie-Rose Shared Living Opportunities, Immediate Needs**  
Work out of your own home!

## Experienced Paralegal

to work on sophisticated commercial real estate financial transactions in Montpelier. Must be familiar with commercial loan documentation and closing procedures. Excellent computer and communication skills required. Pleasant collegial working environment with amenities. Competitive compensation and custom benefits package offered. Some scheduling flexibility permitted, but this is a full-time position.

Please send resume by email to: [hiring@sevendaysvt.com](mailto:hiring@sevendaysvt.com) or by fax to (802) 229-3230. All inquiries will be kept confidential.



**Middlebury**  
Come build your future at Middlebury College!

## Senior Technology Specialist

The US/4D Desk is looking for a Senior Technology Specialist to provide leadership, technical support and help desk support to our community at large. The person who will best fit this position will have strong analytical and troubleshooting skills across both Microsoft Windows and Apple operating systems. Desktop client support experience as well as troubleshooting network issues is very important. The team based contributor will function in a senior leadership role which will require strong communication, planning, and people management skills.

The primary function of the US/4D Desk is to provide excellent customer service and support for our many software enhancement programs, our community of users includes faculty staff, and students. The ideal candidate will function at their best be able to size up technical and functional situations with a clear path toward resolution and properly be able to delegate responsibilities when appropriate. The preferred candidate will have Microsoft Certified (A+ Certified), Apple Certified, and/or other applicable certifications in a technical discipline. The preferred candidate will have a bachelor's degree in Computer Science or equivalent with a minimum of 3 years work experience in a technical support role.

For more detailed information or if you feel that you are the right candidate for this position and would like to apply, feel free and our online Job Opportunity Web site. Go to:

<http://apptrkr.com/135315>

For assistance please call Human Resources at 802-443-6465

Middlebury College is an Equal Opportunity Employer



## Account Executive

FOX 44-TV and ABC 22-TV is accepting applications for the position of Experienced Account Executive (Salesperson).

### EXPERIENCED SALES

Ideally candidate will have a minimum 8-year proven track record in outside sales preferably media sales. Candidates will possess a robust, and important, established account list. Candidates will be a highly motivated self-starter who sales rather than business development, with a strong desire to win and make above average income. Excellent communication/presentation skills a must, with the ability to create and maintain a professional working relationship with a variety of clients. Must possess the ability to conceptualize and implement creative and effective marketing strategies to ensure client's advertising success. Someone who will thrive in a fast-paced, high-energy sales environment. College degree preferred.

EOE

Please send your resume to: **FOX 44 and ABC 22, Attention: Executive Search, c/o Fox City, Local Sales Manager, 201 Main Street West Drive, Colchester, VT 05418. Email: [jay@foxandabcvt.com](mailto:jay@foxandabcvt.com).**

## Advertising Sales Rep

**Want a job with a lot of potential and more than a little cash?**  
Are you intelligent, confident, energetic and do you clean up and shine? Outstanding opportunity with a quality business to business enterprise. Outside sales or telephone sales experience needed. Salary plus commission, health benefits and bonus opportunities. Business People Vermont established 1984. Join this small, fun, creative team of professionals to realize your career development goals.

**Business People**  
VERMONT

Please send resumes to [careers@businesspeople.com](mailto:careers@businesspeople.com) or call 802-882-0099



recruiting?

CONTACT

**MICHELLE:**

**865-1020 x21**

[michelle@sevendaysvt.com](mailto:michelle@sevendaysvt.com)

SEVEN DAYS

7

## C-16 jobs

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## Middlebury

### Administrative Mechanic position available!

The Administrative Mechanic position involves regular and consistent maintenance and repairs, painting, staining, and final, up-to-date for campus buildings and facilities. This is a full time benefits position.

We seek an individual who is a FIRST Year & Certified Individual Technician a formal route position and a Certified Program Technician Plus II. Required high school diploma or equivalent with appropriate technical school training in refrigeration systems, air conditioning systems and plumbing systems. A Green Star Builders (NATE) National Technician License or Business Technician License is highly desired. Must have a valid driver's license and valid personal vehicle and be insured by appropriate mechanical work.

#### Why work for us?

At Middlebury College employees enjoy a high quality of life with excellent compensation, competitive health benefit, 401(k) disability retirement, tuition benefits, and educational assistance programs. As the first largest employer in Vermont we are involved with projects across the state. Middlebury's commitment to one of the most beautiful settings in the world is a great benefit. Come and see how we can help you reach your goals.

Interested? To view a complete job description and to apply for this position please visit our website at: <http://www.middlebury.edu/jobs> and also visit our Staff Office, 118, 119 or contact: Jennie Reid, Human Resources (802) 449-5462.

Middlebury College is an Equal Opportunity Employer.

Hickok & Boardman Group Benefits is seeking a **full-time employee** who has excellent customer service and support skills, is well-organized and detail-oriented and has strong spreadsheet and word processing computer skills. The right candidate will also be comfortable working in a fast-paced team environment. Have good presentation skills, and after have a knowledge of employee benefits or a desire to learn.

Contact us with your resume by email at [rhickok@hickok.com](mailto:rhickok@hickok.com) or phone at 802-486-8730

## ATTENTION RECRUITERS:

POST YOUR JOBS AT [SEVENDAYSVT.COM/JOBS](http://SEVENDAYSVT.COM/JOBS) FOR FAST RESULTS OR CONTACT MICHELLE BROWN: [MICHELLE@SEVENDAYSVT.COM](mailto:MICHELLE@SEVENDAYSVT.COM)

# CCS

Community Care Services

CCS is seeking a home provider for an active woman in her 20s & 30s. She is needed as typical Olympics, loves to travel, hiking and spending time with her friends. She is seeking a home in a quiet location that is well close to the center of Chittenden County and requires a home that is hands up accessible. Her ideal situation would be to be in her apartment complex.

Please contact AE English at [aeenglish@communitycare.org](mailto:aeenglish@communitycare.org) or 802-233-6511 x209 for more details.

## HOME PROVIDER OPPORTUNITY

## NEW STORE HIRING!

Goodwill Industries of Northern New England is seeking part-time **custodians** to join our new building maintenance team. This position is mostly weekend hours and will average 10 hours per week. The team will be cleaning our retail stores and working floors after the stores have closed. Because of this, nights and weekend hours are required.

We are looking for a **lead custodian** of \$14/hr and a **custodian** at \$10/hr.

To be considered for this position, please complete a Goodwill Employment Application by downloading it as a PDF at our website [www.goodwillonline.org](http://www.goodwillonline.org) or you may pick one up at any one of our retail stores or call Toll at 802-650-4382.

Goodwill Industries of Northern New England is an Equal Opportunity/Affirmative Action Employer.

# Goodwill

Goodwill Industries of Northern New England

## MENTAL HEALTH AND SUBSTANCE ABUSE

### CLINICAL SUBSTANCE ABUSE - SWITZERSON CLINIC

The Switerson Clinic, the substance program in Chittenden County, is searching a full-time substance abuse clinician who will provide individual outpatient counseling to patients who are opioid dependent. Position will require the clinician to establish and maintain client records, and address treatment plans, progress in treatment, and coordination of care. Candidates must have a master's level counseling or social work education and be working toward licensure in substance abuse treatment.

### COMMUNITY SUPPORT CLINICIANS

Seeking individuals to serve groups of substance abuse clients to support persons with serious mental illness in recovery. For patients' multi-disciplinary team providing creative problem-solving, advocacy, case management, counseling and crisis support. ABA master's degree in behavioral neuroscience with persons with mental illness and substance abuse. Annual for one-on-one and group counseling with substance abuse clients.

### ONLINE SCREENING

Seeking individuals to serve groups of substance abuse clients as well as juvenile abuse in recovery. For the need to meet demand for the Project DRAGON Program. Individuals will also provide an assessment, general and specific information regarding the program. LISC or CAC required. 20 hrs/week. Licenses/benefits.

## ADMINISTRATIVE SERVICES

### ENVIRONMENTAL SERVICES SPECIALIST/PLANTER

This position will provide coverage for absence while the Environmental Services Program. Knowledge of maintenance/repairing and proper maintenance of wall and hard floor is a must. If you are experienced in maintenance, cleaning, etc. you are in the best position to be hired. Must be open-minded and flexible with regard to scheduling and shift changes. Valid Vermont Driver's License required.

For more information, please visit our website: [www.goodwill.org](http://www.goodwill.org)

Goodwill Industries of Northern New England is an Equal Opportunity/Affirmative Action Employer. Goodwill Industries of Northern New England is an Equal Opportunity/Affirmative Action Employer.

## recruiting?

CONTACT MICHELLE

865-1028 x21

[michelle@sevendaysvt.com](mailto:michelle@sevendaysvt.com)

# SEVEN DAYS

## exhibitions director

Join the Center for Contemporary Art and Design in its mission to create and present exhibits. Join us and lead this project with your own vision and ideas.



Submit your resume to:

Center for Contemporary Art and Design

1000 North Main Street, Suite 111

For consideration, please send your resume to:

# VERHYP

VERHYP is a leading provider of temporary and permanent staffing solutions.

The Vermont Council of the Judiciary is seeking a full-time position for a **VerhYP** in an administrative position supporting a state-wide network of services for the courts and law enforcement. We are currently seeking for a full-time **Mid-level Billing & Administrative Support** position. The position is primarily responsible for to manage the Mid-level billing, maintain an efficient and accurate record of all 13 counties in Vermont. The position is responsible for managing and coordinating all administrative functions, including billing, scheduling, and managing all administrative functions. The position is responsible for managing and coordinating all administrative functions, including billing, scheduling, and managing all administrative functions. The position is responsible for managing and coordinating all administrative functions, including billing, scheduling, and managing all administrative functions.

The position is part of a small team that also includes a full-time administrative support position, including all administrative functions, including billing, scheduling, and managing all administrative functions. The position is responsible for managing and coordinating all administrative functions, including billing, scheduling, and managing all administrative functions. The position is responsible for managing and coordinating all administrative functions, including billing, scheduling, and managing all administrative functions. The position is responsible for managing and coordinating all administrative functions, including billing, scheduling, and managing all administrative functions.

We are seeking a full-time employee.

- Participate with Mid-level positions and administrative support.
- Responsible for administrative support.
- A full-time position with a full-time salary.
- Participate with all administrative functions.
- Coordinate with all administrative functions.

For more information, please visit our website: [www.verhyp.org](http://www.verhyp.org)

Applicants should be directed to: **Kristen Haddock, VERHYP Director** at **VerhYP** 1000 North Main Street, Suite 111, Montpelier, VT 05602. For consideration, please send your resume to: [kristen@verhyp.org](mailto:kristen@verhyp.org)



We need to make a difference in the lives of others.

We are passionate about growing the community of women who are inspired to live an active life.

## ISIS. Marketing Communications Coordinator

We are looking for a Marketing Communications Coordinator to assist in the development and execution of various projects within the marketing department including sponsorships, events, and marketing focused customer service and brand sales. In addition, the position will prepare and distribute marketing/publishing materials for the two top-level executives, oversee trade show details, show samples and produce photography. The successful candidate will have excellent project management, communication and customer service skills. Must be detail oriented, able to produce sales, marketing and web work independently. Experience with Microsoft Office required, Electronic/Theatrical industry experience a plus. ISIS is a high-energy and fast-paced environment. We seek a team player with a positive attitude, enthusiasm and a desire to achieve goals your career. Prior marketing experience required. Send resume to your nearest franchise resources center.

## Administrative Assistant (Job#3136) Williston, VT Competitive Salary + Excellent Benefits

### Duties:

Support activities of 6-8 professional staff of the Northeast Regional Fisheries Center (NERFC). Learning environments at Williston. Work processing, proofreading, formatting reports with Word/Excel & graphics. Monitor databases, provide administrative project leadership, format and prepare copy file, organize and schedule meetings. Plan large conference events & meetings. Make travel arrangements. Take complete notes using a computer during meetings. Include multi-personnel lists in face and teleconference meetings. Occasional travel may be required. Assist prepare staff in and organize data of new and recommended anti-biotic technologies to improve sustainability and efficiency of work.

### Qualifications:

Bachelor's degree or equivalent experience, proficiency in computer and/or educational setting. Proficiency with Microsoft Office & Access databases. Internet savvy/excellent customer service writing, interpersonal and communication skills. Strong customer service orientation and "team player" attitude. Organization using 100% graphics, scanner digital photos, online photo management, knowledge digital resources online scheduling management, typing 75 WPM.

### Application Process:

Apply online at: [www.Williston.org/jobs](http://www.Williston.org/jobs) or send resume and cover letter to: Learning Resources at Williston, 30 Water Street East, Williston, Vermont 05696-6134. Fax: 802-661-4053

EO/AAE



The Turtle Fur Group based in Adventure, Vermont, and our family of brands: Turtle Fur, P.O. Handmade and Nordic Green seek two fantastically creative people, overflowing with ideas to join The Creative.

### DESIGNER

Your skills are creativity and the ability to work as part of a creative team. We utilize talent and all types of "keep you were motivated" to bring a love of the outdoors. Add a bit of our background even better.

### GRAPHIC DESIGNER/CATALOG COORDINATOR BRAND EXPONENT/IDEA PERSON

Your skills are creativity, subtle creative organizational talent, managing project coordination. Packaging, brand preparation and being able to work as part of a collaborative team.

Send your resume and anything that will make us say "GIMMIE that person in here!" to Brenda Snow Dr. HR at [brenda@turtlefurgroup.com](mailto:brenda@turtlefurgroup.com)



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Prizes &  
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More food after the  
classified section. PAGE 41

## In the Bag #119

when suffering customers that, since she makes all her own dressings, her salads will not have a trace of the offending protein. She steers them toward her lettuce-on-bacon, a healthy mix of rice and black beans. As for eaters who avoid dairy: "The lactose-intolerant ladies know Thursday is squash soup," she says. "It has no cream in it, but it tastes like it does."

Though Abraham is renowned for her soup, "she hates making soup," Cook confesses. That's partly because of the prep: "Soup is an event," sighs Abraham. Though she arrives at her small kitchen in Shoggy Delusions at 7 each morning, she starts the soups the night before, sautéing vegetables and

braga. "People are busy. If they want to hang around and talk to me, that's OK, but it's ready."

With the looming presence of candy as snoring, has Abraham ever seen a dieting customer plop? Like most, she has not, but adds that she's not a great believer in self-deprivation. "When people put their stomachs to rest they couldn't possibly eat dessert, I say, 'This piece of cake is not going to make you fat or give you high blood pressure,'" she remarks. "I don't think I've ever passed up a dessert. Someone's going to eat all that work!" In the spirit of moderation, however, Abraham keeps the desserts she offers at Bag Ladies, such as brownies and Gooey bars, at the small size.

Abraham says supporting her neighborhood is of enormous importance to her,

both personally and in her business. "I step so close to my community as I can," she says. "I can level products," she adds her tip to the food bank and mentions her reasons such as addressing racism and breast cancer, saying, "I try to change the charities I contribute to every couple of months so everyone gets some support." In 2008, Abraham started a small Bag Ladies scholarship

at Farrer's Brookline High School for a student who demonstrates an entrepreneurial bent.

Of her own entrepreneurship, Abraham says she hopes to expand her business. "If the deck got bigger, that would be nice, but no no bag it's not my cup," she says, adding that time with her family is still the top priority.

Nonetheless, Abraham says helping future out locally is what makes her happiest. "I think everyone should do something that feeds their soul," she says with a smile. "It feeds my soul. If you've got that, your life is a complete." ☐



shopping manager. No wonder she takes a break from the liquid gold from June to September, when soups are replaced by pasta salads.

Abraham does all her own prep work, whipping up everything from cooked chicken to spicy Buffalo ranch sauce to whole berry cranberry relish the way very little sold in her soups, replacing it with spices and fresh herbs, she says. Bag Ladies even serves freshly made hummus, in which Abraham replaces the tahini paste with sun-dried. "The fat content goes lowered by one third," she explains. "I use a lot less garlic than I would at home, because people have to go back to work!"

Abraham knows getting back to work is her customers' priority, and that's precisely why she devotes so much time to preparing food ahead. "From the time you place your order, I can have it ready in 40 seconds," she

**f** Bag Ladies Cafe Regains its Tempo  
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# music

## Song and Dance Man

Burlington Chamber Orchestra's Michael Hopkins explores winter, Copland and choreography

BY MATTHEW BUSHLOW

**M**ichael Hopkins' feet are planted firmly on the stage of the University of Vermont's Southwick Social Hall. His arms swing in movements as he conducts the Burlington Chamber Orchestra through a rehearsal of Aaron Copland's *Appalachian Spring*. Light stage designers slowly cast a variety of settings, one of which projects a 19-foot version of Hopkins' shadow on a massive concrete wall. The larger-than-life conductor moves freely through the scene, reconstructing the drama of Copland's music. Meanwhile, the real Hopkins steps the musicians aside to make suggestions about tempo or to correct intonation. The musicians are focused, polite and casually dressed in warm sweaters and jeans.

Hopkins, the artistic and executive director of the Burlington Chamber Orchestra, is rehearsing the BCO for an evening program of his original work *New Winter Nights*. For days along with *Appalachian Spring*, set for this weekend. New dances have been created to accompany each performance.

Seated in the hall are Gary Byrne and Paul Rosen, UVM dance instructors who collaborated with Hopkins for the program. Rosen created a dance for *Winter Nights*, and Byrne motioned Copland's pace, which he originally wrote for modern dance pioneer Martha Graham.

"I know my area of things not always as happy fully as my past," Byrne says with a laugh. "But it's really been amazingly fun to do." According to the collaborators, no one has ever created a new dance to Copland's music since work. An Hopkins would dance or when writing the music from the past's publisher, there might be a reason for that.

"Because this is a new dance, we had to get the blessing from the Copland trust," he says. "You can't just make a new dance to it without their approval. It is a one of the legal rights of the copyright holder."

About a month and a half after making the request, Hopkins was granted the green light to work with Byrne on the new dance. But when the music arrived, it shattered another surprise.

"There were about a dozen or so major discrepancies between the music I had heard and what was in the score," Hopkins says.

He discovered that Copland had cut out parts of the ballet score when he arranged it as an orchestral score for full symphony or chamber. The original music was written for



a 10-piece chamber orchestra and featured little-known music that developed following the composer's most famous works, the theme and variations on the folk song "Simple Gifts."

"In the notes to the score, Copland describes these sections as 'only of choreographic interest,'" Hopkins says with a grin. "But I think a lot of people who will be in the audience and know this music will find the original score very interesting."

The BCO rehearsed in the first time Byrne and Rosen have heard the music performed live. Rosen developed his dance with a MIDI recording provided by Hopkins, and Byrne used music that was extracted from a video of the Martha Graham Dance Company performing the original ballet.

"It's amazing to finally hear it," says the deaconess, who says Byrne. "I can hear where I'll need to make a few adjustments."

Rosen agrees. "I'm actually a little nervous," he says, chuckling. "I've not seen why but having it live, with the people watching, makes it a little more real."

After a short break, Hopkins leads the orchestra through *New Winter Nights*. The music is a reimagining of the music, in one passage, the horn, piano and strings dance through dark, turbulent textures, while the violins and violas sweep over them with new grace.

Outings, the orchestra is arranged in an unorthodox format. Rosen watched his first dancers to perform in and around the musicians. He worked with Hopkins to position four tables in the center of the stage, with two more standing at the back left and right

The piano sits to the back of stage right and the woodwinds sit to the back of stage left.

"One of my efforts called to ask if he needed to put some of the yellow police tape around his instrument," Hopkins says, only half joking. "Everyone in the orchestra plays a very expensive instrument."

"The dancers will be so great," Byrne says with an smiling tone. "Graham has expensive instruments, too," he chides.

Lyle Winfield, Autumn Barrett and John Rosen sit all dancing in the evening's program and are seated in the center of the orchestra. Winfield points out how Rosen's dancers have created something that and on the stage around the central column—a guide for other dancers. Rosen's also a team price, music of his complex Copland's score as far as part, Barrett reveals as the collaboration spent the project has created.

"Usually, dancers get to collaborate with the conductor," she points out. "This time, we all get to share the experience of creating this as a group. That's the most exciting thing to me."

During a break, Hopkins takes a minute to reflect on the rehearsal and the months of work leading up to this moment.

"It's going well," he says with a nod. "This is going to be fun."

**f** Burlington Chamber Orchestra's collaboration at the University of Vermont Social Hall, Tuesday January 21 and Saturday, January 23, 8 p.m., \$20-\$25









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**A Boy and His Tuba** On the surface, New York City's **WEDNESDAY** could appear to be a no-brainer: on any number of nights as he plays his tuba, they were heard a name soon, it was a matter of time. But the duo stands out in one big, shiny way: the tuba. Employing all manner of effects pedal wizardry, headliner Brian Wolff (guitar) uses the brass instrument as both a melodic vehicle and a percussion tool. GB, he sings through it, too. But here's the really crazy part: As critics from the Village Voice to the New Yorker have noted, it works, and makes for a live show the like of which you've probably never seen. Catch Wolff this Saturday at the Monkey House with local favorites

THE SWIFTERS and GAVE BEES

**changelin valley**

WEDNESDAY 8:30 PM - 10:30 PM, FREE  
WEDNESDAY 10:30 PM - 12:30 PM, FREE  
WEDNESDAY 10:30 PM - 12:30 PM, FREE

WEDNESDAY 8:30 PM - 10:30 PM, FREE  
WEDNESDAY 10:30 PM - 12:30 PM, FREE  
WEDNESDAY 10:30 PM - 12:30 PM, FREE

northern

WEDNESDAY 8:30 PM - 10:30 PM, FREE  
WEDNESDAY 10:30 PM - 12:30 PM, FREE  
WEDNESDAY 10:30 PM - 12:30 PM, FREE

WEDNESDAY 8:30 PM - 10:30 PM, FREE  
WEDNESDAY 10:30 PM - 12:30 PM, FREE  
WEDNESDAY 10:30 PM - 12:30 PM, FREE

WEDNESDAY 8:30 PM - 10:30 PM, FREE  
WEDNESDAY 10:30 PM - 12:30 PM, FREE  
WEDNESDAY 10:30 PM - 12:30 PM, FREE

## WED.27

**burlington.arena**

WEDNESDAY 8:30 PM - 10:30 PM, FREE  
WEDNESDAY 10:30 PM - 12:30 PM, FREE  
WEDNESDAY 10:30 PM - 12:30 PM, FREE

WEDNESDAY 8:30 PM - 10:30 PM, FREE  
WEDNESDAY 10:30 PM - 12:30 PM, FREE  
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WEDNESDAY 8:30 PM - 10:30 PM, FREE  
WEDNESDAY 10:30 PM - 12:30 PM, FREE  
WEDNESDAY 10:30 PM - 12:30 PM, FREE

## — Eunhwa Spa — GRAND OPENING

200 Battery St. 1st Floor  
Burlington • 862.1332

SALINA • MASSAGE • BODY SCRUB

Seiwa Spa

Experienced & Licensed in Vermont  
1000 Colchester Ave. Burlington • 862.4888



40% OFF  
ALL WINTER  
OUTWEAR

CANOE IMPORTS

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ALL WINTER  
OUTWEAR

Northern  
Lights



16 Main St., Burlington, VT • 862.544.8888  
M-Th: 10-6; F-Sa: 10-12; Su: 12-3  
\*Weather 10% purchase tax on products 12% on services

NO. 1000 COLCHESTER

1000 COLCHESTER

1000 COLCHESTER

1000 COLCHESTER

1000 COLCHESTER

## music



THU. 21, FR. 22, WED. 23 | NATHAN WHITE CRAIN (JAMES SCHWARTZ)

## Grab your camera and start smackin'!

Seven Days wants your kissing photos and videos! Shoot them on a cell phone, laptop or digital camera and upload them to our website. The finalists will be published online for a public vote!

SMOOCH!



Votefags.com

Pure Romance

# SEVEN DAYS

## kissing contest

[sevendaysvt.com/smooch](http://sevendaysvt.com/smooch)

You'd better "make it" good.

The reader's choice will win a luxury getaway of LAKE PLACID LODGE!

PHOTO &amp; VIDEO ENTRIES DUE: FEBRUARY 1

### THE NORTH FACE STORE PRESENTS

10 EL SPORTE • 210 CULDES ST. NEW BED. N. SPORTE.COM



# John Brown's Body

SEVEN DAYS HOT TICKET

WIN  
8 TICKETS TO  
JOHN BROWN'S  
BODY

AT HOUSES UNDER  
SAT. JAN. 30  
ON TV SEVENDAYSVT.COM  
AND LOCALS  
5 TICKETS A QUESTION

OR COME AT THE HOUSE  
FOR A STUFF BALL, STUFF  
AND LETTERS TO WIN!  
DRAWING 1:00 PM AT HOUSE  
VOTERS WILL RECEIVE  
TAP 100 1/2 P.M.

"So funky we might need to invent new words to describe them. JBB is not your father's reggae band."

— GARY BALLEW, SEVEN DAYS

## What's So Funny?

The goal of a comedian and a songwriter is essentially the same: to make a compelling story. It makes sense, then, that Vermont's **NATHAN WHITE CRAIN** succeeds in both disciplines. As a standup, "The Reverses" spins monkey, Ki retell tales that leave audiences in stitches. But under his given name — and often aided by local music luminaries such as Gordon Stone and Christopher Peterman — he writes insightful, heartful tunes rooted in various strains of Americana, from country to blues. This week Crain embarks on a tour throughout the state with shows Thursday at Montpelier's Black Door Bar & Bistro, Friday at the Purple Moon Pub in Watfield, and Wednesday, January 23, at Charlie O's in Montpelier.

## WED. 23 WFO3

6:11 A.M. (Top Hour) 6 a.m. Free/50 W+

**MAJOR BLUES** (American Vibe) 7:30 p.m. Free, Irish (American) 8 p.m. Free.

**RED LEGS** (Circus (American) 8:00 p.m. Free, 8:11 (Top Hour) 8 p.m. Free.

## central

**CHARLIE O'S** (Montpelier) 8:00 p.m. Free, 8:11 (Top Hour) 8:00 p.m. Free.

**LAURENCE ST. BLUE** (Circus) 8:00 p.m. Free, 8:11 (Top Hour) 8:00 p.m. Free.

**SLICE HOUSE** (Circus) 8:00 p.m. Free, 8:11 (Top Hour) 8:00 p.m. Free.

## champlain valley

**CITY LIMITS** (Circus) 8:00 p.m. Free, 8:11 (Top Hour) 8:00 p.m. Free.

**MAJOR BLUES** (American Vibe) 8:00 p.m. Free, 8:11 (Top Hour) 8:00 p.m. Free.

**RED LEGS** (Circus) 8:00 p.m. Free, 8:11 (Top Hour) 8:00 p.m. Free.

## northern

**CHARLIE O'S** (Montpelier) 8:00 p.m. Free, 8:11 (Top Hour) 8:00 p.m. Free.

## regional

**MAJOR BLUES** (American Vibe) 8:00 p.m. Free, 8:11 (Top Hour) 8:00 p.m. Free.



## FIND CLUBDATES ON YOUR PHONE!

CONNECT TO SEVENDAYSVT.COM OR ANY OF OUR EMBEDDED CELLPHONE LINKS: 800-70-70 THE MUSIC, THE ARTS, THE EVENTS PLUS OTHER LOCAL RESTAURANTS, NIGHTLIFE, AND MORE.



# calendar

JANUARY 20-27, 2011

## Sleepwalker, Don't Be Shy

Generally, it's bad news if you find yourself getting sleepy at a show. But not if you're at Justin James' hypnosis act, because you could be performing ridiculous acts, dancing tango, or even taking over Barbie dolls.

### 23 | THEATER

or, frankly, performing air guitar — with no music in sight. If that's not your thing, you can remain fully awake while watching mesmerized audience members let loose. James, the Las Vegas-based star of the Power of the Mind Comedy Hypnosis Show, has been known to put the spell on more than 50 people at a time at venues ranging from arena showrooms to the California State Fair to MTV. This week, he'll come back knocking them into a hypnotic "trance" at Woodstock's Town Hall Theatre. Have fun — but if you find yourself breaking out rock star moves in front of strangers, don't say we didn't warn you.

#### JUSTIN JAMES

Saturday, January 22, 7:30 p.m., at Town Hall Theatre in Woodstock. \$15-20. Info: 432-2881. [www.justinjames.com](http://www.justinjames.com)

## Northeast Side Story

Though centuries separate renowned composers Johann Sebastian Bach and Leonard Bernstein, the Heritage Brass Quintet threads their compositions closer together in a touring program this week. The northeastern ensemble, formed in the late 1980s to perform at Hanover, N.H.'s annual Christmas Eve celebration, jumps from its early brass repertoire to incorporating works by Bach and Giovanni Gabrieli to a "rather lengthy suite of Bernstein's West Side Story, as arranged by Jack Gale," says baritone Lydia Baskerville, who joined the quintet four years ago. The pieces have a "free, evocative, singing style — very emotive," she says. Bells can be heard up on their brass when the program includes its Vermont debut in Montpelier on Saturday.

#### THE HERITAGE BRASS QUINTET

Saturday, January 22, 8 p.m., at Union Church in Montpelier. \$8-10 donation. Info: 249-8948.

## Out of the Past

In the 200th year since Abraham Lincoln's birth, the Bill T. Jones/Arnie Zane Dance Company pulls pieces of the 16th president's life into a performance bringing alive the benchmarks of American history. Known for thoughtfully addressing themes of identity and society, the company knits together fluent moves, soundscapes from Lincoln's texts and striking video clips arranged by associate artistic director Janet Wong. Four freestanding columns — reminiscent of the White House or, perhaps, the stately structures of a Southern plantation — invite audiences as they jump through time via these imaginative narratives. Jones' work makes us mark, the historic globe spins, "birth dances that make and push ask questions, and often get to the very heart of who we are as humans beings."

#### SERENADE/THE PROPOSITION

Thursday, January 20, 7-9 p.m., at Apple Stage/Stage 11 in Burlington. \$21-42. Info: 862-2888. [www.burlesque.org](http://www.burlesque.org)

## Wild Thing

Speakeasies may have been written to their short of life expectancy in the roaring '20s, but one flourish is shaking through by a pair of vaudeville stars across special dates in *Andrew Lippert's The Wild Party*. This adult musical about love and jealousy, based on Joseph Moncure March's narrative poem, showcases both the glitzy and gritty sides of the era. Middlebury College students add their own flair to the carnival as part of a course on contemporary American musicals. Nineteen cast members perform the show scenes and numerous dances choreographed by Schuyler Beaman. '30 A seven-member chamber singing band provides accompaniment in the play scenes from telling songs such as "Two of a Kind" to "How Did We Come to This?" The onstage party may turn sour, but the production is sure to drive you wild.

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#### THE WILD PARTY

Friday, January 22 through Saturday, January 23, and Monday, January 24 through Tuesday, January 26, 8 p.m., at Town Hall Theatre in Woodstock. \$6-10. Info: 443-3466. [www.middlebury.edu/arts](http://www.middlebury.edu/arts)



### 23 | MUSIC

## WED.20

## education

**WILSON TOWN PLAN UPDATE** Residents vote on a draft comprehensive town plan for the Wilson Borough. Wilson Borough, 1000 N. 7th Ave. Free. Info: 808-436-4364

## business

**HOW TO WRITE YOUR BUSINESS PLAN** Entrepreneurs can build their business by learning the right tools for success in development and growth. Topics include: how to write, marketing and management. How to write a business plan. 500 N. South University, 5:30 p.m. to 8 p.m. Free. Info: 808-436-4364

**BELLEVUE HARBORING HISTORY** Historic harbor town, commerce and the design professionals is a weekend for the local historical society. Bellevue Harbor, 1000 N. 7th Ave. Free. Info: 808-436-4364

## community

**WYOMING CLUB BY THE SEA** For members and non-members alike, the Wyoming Club is a place to enjoy the outdoors and the sea. 1000 N. 7th Ave. Free. Info: 808-436-4364

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Visit [www.7dayscalendar.com](http://www.7dayscalendar.com) for details and schedule. Info: 808-436-4364

## film

**FILM NIGHT** This evening series shows movies from around the world. 1000 N. 7th Ave. Free. Info: 808-436-4364

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PHOTO: JEFFREY M. HARRIS







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"As the go-to source for community event information and local commentary by local writers, *Seven Days* fits well with Northfield Savings Bank's community-minded mission. Banking, in general, is pretty conservative. But Northfield Savings Bank has a much more fun and friendly vibe so I knew *Seven Days* would be a great media partner for us.

Our Account Executive offers suggestions without making us feel pressured. The President of NSB recently gave me two thumbs up to continue advertising with *Seven Days*, saying he is hearing more and more great things about the paper."

**TINA DE LA TORRE**

Marketing Director, Northfield Savings Bank

**SEVEN DAYS... *it works.***

CALL 866-8884 TO ADVERTISE YOUR BUSINESS

## classes

burlington city  
arts

**PAINTING, PORTRAIT AND FIGURE PAINTING** 1:00-2:00 PM. Working in a studio, students will learn the techniques of painting the human figure. The instructor will demonstrate the use of color, light and shadow to create a realistic portrait. Students will be encouraged to experiment with different poses and backgrounds. The class will conclude with a critique of the students' work.

**NOTES TO 2004 FILING:**  
Jan. 17, 2004 2:43:30 PM  
Weekly on Wednesday, Conf.  
PRO/SEC 30 SCA Members  
Location: Washhouse Center  
Washington: Explore the basic  
with respect to the Internet Service  
Service digital SLR cameras  
users learn to take photos, video  
formatting, file management, shutter  
speeds and exposure, and how  
the basics of composition, lens  
choices and film type should  
apply. Bring an empty hard  
drive (this is digital SLR) and  
a camera manual. Level 12

**PHOTO DIGITAL WORKSHOP**  
Feb. 27-Mar. 24, 8-5 p.m. Cost: \$250/\$100 for 2 attendees  
Location: Phoenix Convention Center  
Burlington, Vermont (separate, on-site and print-out digital photo) in this comprehensive class covering Adobe Photoshop  
Lecturers: Inspiring images, [www.burtonhill.com.org/inspire](http://www.burtonhill.com.org/inspire)  
Free handout (and a handout, color, and print-out) will be provided. Bring a good laptop (minimum 512K RAM) and a digital camera. In the first class (2:00-3:00 p.m.) Persepolis in the (2004) Digital Photo Workshop.

[illegible]

journalists. Thanks also to the two panels of reviewers for their useful comments (anonymous reviewers, *Journal of Management Education*).  
 © 2005 Lawrence E. Fox and Stephen J. Gray  
 10.1177/0013164405275214

**PROTEC THE PRINTER**  
**LANDSCAPE** Turnkeys  
February 18: 23.4, 30-4 \$60 m  
Plot! Plot! Saturday 10:00 am-5:00 pm  
23.4 pm. Call 505/545-5454 B2B  
members. Location: Fairgrounds  
Garden Brookfield, Losers  
How to make stunning, senior  
landscape may make a difference  
in your marketing. The techniques  
for properly exposing art, using  
cheap, available light and com-  
position, not only using shadows  
and textures will be covered.  
Class format: one-hour lecture,  
critique of project work and a  
field trip component. Level: B  
Prerequisite: Introduction to 3D  
design. Digitec 50/50 equivalent

**PROFESSORIAL UNION** Feb. 12-14  
31 E. 18th St., Woodbury  
University Cost: \$250/Student 50  
BGA members Location: BGA  
Host: Shady 250 Main St.,  
Burlington Introduction to  
a whole world of smoking tech-  
niques. Focus will be on learning  
different techniques, exposure to  
and fun! Don't miss this one!!

**PRINTING/TEXT/WOOD/LOCK**  
LINCOLN Feb. 21, Mar. 22  
6-8 PM, 355/361, 954/956, 957/958  
GOD. 355/361-30 BCR have  
been. Local net. BCR 361/31 Clay  
Source. 355/361-30 B. 355/361-30  
This month's event will not  
cover all aspects of woodblock  
and letter printing. Learn how to  
register, lay and cast color to  
four-color plates. There is a  
tournament for card making  
processes and time to go home. Good  
students will be given special  
hours for card making and card  
making. 355/361-30 B. 355/361-30 B.

[illegible]

political systems outside an international emergency. Locusts however apply political boundaries from the time a nation enters a superstate until the political structure of political boundaries is fixed. (2)

**INTERMEDIATE PRIMO LEVEL.**  
Date: 10-May-93 8:30 AM.  
Weekly on Thursday Cost  
\$200/\$350 ECA members.  
Locations: ECA Print/Studio  
254 Main St., Huntington, 401  
sessions, all day/level are  
welcome! Enjoy being part of  
a community of life sciences  
or biotechnology innovators  
on a technical and leadership  
individual program. Contact

agreements and helps you negotiate your subcontracting arrangements. Cost breakdowns and all approvals ensure the outside of your work.

**JANUARY BEGINNING**  
JANUARY 5th - 9th - 10th  
6-8:30 p.m., Weekly on Fridays  
Call 314-444-4444/Annexation  
Geotitles, RGA Print & Copy  
Studio, 2501 N. 1st, Burlington  
Learn how to use geotitles and  
how to create original finished  
pieces of jewelry. Students will  
learn how to use tools such as  
sawing, turning, soldering and  
more. There will be two closely  
linked assignments completed by  
each student's class. Material  
fees not included. Level: 32

300–350 °C at 10–20 °C/min. Usually on Thursday (last Friday 2004) 800A members. Location: RMA, Field 5, Clay St. Suite 120 Main St., Burlington. Proctor Model Clay (PMC) is a composite of 80% bentonite clay, 10% water and organic binder. It can be shaped like clay and, when fired, leaves behind a hard shell piece. It is sold at 5¢/lb for quick wettable demonstration, showing the versatility of the material. Some materials flow

**DESIGN, JACOBI IN-DESIGN**  
 Jan 28 - Mar 4 8:30-4:30  
 at: WORKSHOP Thursday  
 cost: \$MOCUP-RCI-members,  
 Location: Tenthree Condo  
 Wu Tsang: Let's see how our  
 Adaptive Design at Shanghai you  
 can develop further and  
 become proficient using this  
 potential digital input program.  
 It is also a great for beginning  
 who are interested in furthering  
 their design software skills. To  
 learn more about this program

**CREATING BASICS**-Feb. 1-Mrs. W. E. JOHNSON, Woodlawn Ministry Center, 1111/11th St. PCA members, Louise Stephens

[illegible][illegible]

BCA

Call 802-865-7106 for info  
or register online at  
[SunderlandCityArts.com](http://SunderlandCityArts.com)  
Further fees are also  
available online

**dance**

**BALI ROOM DANCE CLASSES**  
Location: The Crompton Club  
Bullington Hills • First Step  
Series: 400 500 600 800  
firststepdance.com [www.firststepdance.com](http://www.firststepdance.com)  
First Step Dance series. Beginning  
classes repeat each month.

and intermediate elementary team members' emphasis, as with all of our programs, everyone is encouraged to attend, and no partner is necessary. Come alone, come with friends, but come out and learn!

**DANCE STUDIO DALLAS**  
Dance Studio Dallas  
1800 Pine St., Suite 100, Dallas, TX 75201  
Phone: 214-741-1111  
Website: [www.dancestudio-dallas.com](http://www.dancestudio-dallas.com)  
Dance Studio Dallas is a dance studio located in Dallas, Texas. The studio is a dance studio that offers dance classes for all ages and levels. The studio is a dance studio that offers dance classes for all ages and levels. The studio is a dance studio that offers dance classes for all ages and levels.

**Temptations** *ambush!* Philippe  
T 02 puts seats and cushions for  
dinner experience perfect at  
pergola-like roof and pool de-  
corate his home Half Drop is my  
love and provides the atmosphere

**ELEMENTS OF VALLEY**  
**FRIDAY 14:** Just over a week's  
 snowing; frost; still here but  
 hot days starting Wednesday.  
 January 20. Cold but for  
 details. Cash (\$24.40) spent  
 service (Lancaster, Mass.)  
 Boston, Pa. (10) Haverhill  
 Co. (10). 12. 3 minutes (10)  
 (the largest weathered)

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Isaiah 54:13-14  
Fundamentally can improve you

**dreams**

**ORLANDO KIDGEM** Jan. 26–Mar. 4  
Neuroscience Museum, Gov. John  
Lelecom, Jacksonville  
1000 N. Duval St., Jacksonville, Fla. 32201  
850.448-4000, [www.kidgem.com](http://www.kidgem.com)  
[www.kidgem.com](http://www.kidgem.com) Through ender  
standing our dreams, we begin  
to understand what happens in  
our waking life. Consciousness is  
making it to sleeping, because  
of the brain's ability to create  
and experience what we feel  
and think. This is the first of  
our dreams, as we begin to  
create an additional layer. We  
can't see it, but we know

drumming

**BUCKLE UP TO THE FUN!**  
Local area: Tustin Square (across from Gateway Square Bldg.) 260  
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Buckling Truck, BOF 616)  
Cafe: A small built-in cafe (with  
www.bucklingtruck.com.  
Eng many classes in Buckling  
Trucks: Kids 6-10 9-10  
p.m. 55-65 weeks Adults  
5-10 10-12 p.m. 50-60 weeks.  
Grades 1-12 11-12 Advanced  
Eng many classes in Buckling  
Trucks: Kids 6-10 9-10

8:00 p.m.: QCA/Twelve begins  
193. Reporting Testimonials in  
Montpelier Wednesdays,  
7:00 p.m.-7:29 p.m.: QCA/9 weeks,  
begins 8:04. Includes discussion  
at LaJolla/DeWitt in California  
on Thursdays, and for times  
and lists of any QCA classes in  
Montpelier Wednesdays. 5:00  
p.m.: QCA/10 weeks begins  
1:00. Includes discussion  
at LaJolla/DeWitt (see LaJolla/DeWitt  
page 10). Gals and others are  
available. For a full schedule of  
classes see our web page.

**feldenkrais**  
FELDENKRAIS Jan 6, 7-8:30 pm.  
Weekly Wednesday 6:00  
1214 Jones, Lexington, Bradshaw

Heather Jeffs, BTEC First, Farnham, Surrey, UK  
 HCU Education Development  
 Graduate, First Class Honours  
 The Felder-Sisler Method is a name  
 of scientific educational approach  
 people experienced and used  
 activities for continuous range  
 of activities, improve post  
 physical and emotional. Felder-Sisler  
 is beneficial for those experiencing  
 cognitive, an active person and  
 for teaching and learning. The  
 further information and exam  
 ples is available please visit  
[www.felder-sisler.com](http://www.felder-sisler.com)

**flynn arts**  
FLYNNARTS WINTER/SUMMER  
DECEMBER - April/January  
30 Out of Towns at 11 Times  
regional, Location, Flynn Arts

Burlington, left: Elyse Davis, 30, 810-454-9111. Myriad of tiny ruminants are far from benign. In Crested Butte, an elk nudged her face for the performing arts. Though humans and elms find their use in the food chain, it's not always a pleasant one. In the mountains, elk are a common sight. In the mountains, elk are a common sight. In the mountains, elk are a common sight.

**THE ART OF LISTENING WITH  
STEPHEN HARRIS** Open-Level  
Thursday February 6 8:15 p.m.  
Cost: \$10 suggested donation

John Lauritzen, Pipefitter  
Burlington Info 800 632-6306  
jlauritzen@spokaneinfo.com. As his master educator and crafts-  
man personality Martin Kuroki  
uses various factors in develop-  
ing and teaching an aware-  
ness of listening in a per-  
sonal setting. Kuroki also  
the process of listening a parable  
and an active listener, and the  
importance of listening  
pipes in the performance of  
the business process and  
attitude towards. Kuroki  
also includes various audio  
recording and a list of develop-

**WATER RESOURCES BOARD**

**4:00 PM** **Contest 7:20 AM**  
4400 Penn Center, 4502 Lakeside,  
Finger County Washington, info:  
402-432-4644; [Symmetrix@symmetrix.org](mailto:Symmetrix@symmetrix.org)  
Symmetrix.org, Gregory Kocak  
— artistic director composed an  
instrumental score for the *Scorpio  
Muscle* — consists of artists on  
illustrated with abstract found  
sound, another possibilities of  
creating musical text sounds  
from recycled and salvaged  
materials (using the graphic  
drawing instrument set as a de  
parture point for a found sound  
element). Gregory also shows  
the origins and evolution of  
his instruments and works set  
participants to begin or have

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Journal of Internal Medicine 255: 105–114

[illegible]

# classes



**UPPER**—Classes that focus on the upper body, including the head, neck, shoulders, arms, and hands. These classes are designed to improve posture, strength, and flexibility in the upper body.

## FLYNN ARTS

multidisciplinary creative arts and the arts in the community for its support and enrichment. We are a non-profit organization dedicated to the arts in the community.



## gardening

**STONE HALL WORKSHOP**  
Workshop Series: Learning from the Field. March 20th, 2010. 10:00-12:00. This workshop focuses on the art of gardening and the importance of the garden in the community. It will cover topics such as soil, water, and the use of natural materials.

## health

**MINI-LESSONS FOR KIDS**  
Mini-lessons for kids, ages 5-10. These lessons are designed to teach children about health and wellness. Topics include nutrition, exercise, and mental health. The lessons are interactive and fun.

## herbs

**WISDOM OF THE HERBS**  
School. Program. Wisdom of the Herbs. This program is designed to teach children about the uses and benefits of herbs. It includes lessons on growing herbs, using herbs in cooking, and the medicinal properties of herbs.

## language

**ENGLISH FOR NON-ENGLISH SPEAKERS**  
English for non-English speakers. This program is designed to help non-English speakers learn English. It includes lessons on grammar, vocabulary, and pronunciation. The program is for adults and children.

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# RED MEAT

uplifting off your couchpots



Nager and today I'm Ryan to make special red meat



No offense Cyrie, but I've never seen any chickens raised the neighbor hood



Right, that's not a white I'd give much more time. That's why I can live here for you by choosing less birds out of my typical

## from the secret files of Max Cannon

Count me, however, I'm sure you can't be sure. I'd tell you why you're not a good at need that. But on the other hand you're not a good at need that.

Count me, however, I'm sure you can't be sure. I'd tell you why you're not a good at need that. But on the other hand you're not a good at need that.

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# Figured Out

Art review: "Women to Watch 2010"

For nearly 40 years, the National Museum of Women in the Arts in Washington, DC, has been inspiring and educating the public by focusing on the often overlooked legacy of historical women artists. It also drives attention to the consider able accomplishments of contemporary women in the visual arts.

In 2007, the NMWA began its biennial "Women to Watch" exhibition program to highlight the works of female artists who may be deserving of greater recognition. Artists are selected with input from NMWA constituents, curators and galleries in each state. The Women to Watch 2010 Contemporary Figurative Painting, curated by Melissa Duke of Stone, spotlighted Kate Longmaid, Adelaide Tyrol, Susan Abbott, Carrie Giffin and Alice Ordman. The technically solid—but not particularly challenging—touring group show is now on view at the Flynn-Gotcher's Amy E. Turner Gallery in Washington.

Longmaid has been singled out to participate in a nationwide exhibit at the NMWA later this year. Citing both Alice Neel and Lucien Freud in influences, she makes understated portraits

Each of her eight 24-by-36-inch canvases consists of a head on a black-white background, as softening distracts from the subject. The joint quality of her water-soluble oils is one of the disquieting expressions of her artists. In "The Blue Shovel," a woman with graying dark hair

looks downward, a heavy shadow on the left side of her face. Much is left unsaid in Longmaid's portraits; intentionally, she offers few hints to her subjects' personalities.

Like these

Freud created in his neoclassical period of the 1920s, Giffin's chunky figures border on the monumental. Her palette and use of flattened perspective patterning also recall an influence she's noted in the title of the painting "Hommage to David Hockney." That work and "Black Eye and Magdalen" are the strongest pieces in the exhibition. Giffin portrays sandwiches on their backs looking at the viewer, as if they are pinned flat on a shallow picture plane. Her narratives are deeply rooted in abstraction, and even in her large-scale figure studies, her methods are so interesting in what she depicts.

Ordman and Abbott present nearly street scenes in the show. Abbott is one of the 10 commissioned artists in "The Art of Action," a major touring exhibition that envisions the future of the Great Migration State. Her works in "Women to Watch" are colorful scenes based on a visit to Rajasthan in northeastern India. Abbott simplifies figures and uses vibrant hues in tightly woven compositions. "The Marigold Seller" evokes around a harmony of yellow flowers and the mar-

blest's lavender. "Family by the Steps" is a 22-by-40-inch oil on panel in which a boy in a turquoise shirt

**MUCH IS LEFT UNSAID IN LONGMAID'S PORTRAITS; INTENTIONALLY, SHE OFFERS FEW HINTS TO HER SUBJECTS' PERSONALITIES.**

becomes the focal point of a jumbled collection of overlapping angles and planes that describe a bustling marketplace.

Ordman's settings are less exotic, and her modest oils are decorative, neo-expressionist idylls. "Naptime" presents a child in a shaded stroller positioned on a sidewalk and tended by an equally sleepy sister. The sidewalk and small town street recede in one-point perspective. Long shadows enhance the depth of the scene.

Tyrol is a highly accomplished historical and natural history illustrator, and her bus commercial fine art is quite strong. Her paintings in this exhibition went like swift theft, but a visit to her website provides context by showcasing her explorations beyond the confines of observable nature. The works shown at the Turner Gallery are, unfortunately, among the lesser pieces in Tyrol's oeuvre. Her 26-by-42-inch "The Invention" portrays a woman underwater in an alpha-infused pond, flaring alongside a smiling, porpoise-like creature. The feet of a dog paddling behind appear at upper right.

Tyrol's 26-by-26-inch "Tasting the Butterflies" depicts a child in a tunic. Little white moths conspicuously fit around his bushy hair. Tyrol says in



"The Blue Shovel" by Kate Longmaid

her artist's statement, "The image of the porpoise is a symbol of our genetic selves." But it's likely viewers will be able to think only of Dr. Zaius, the orangutan minister of science in Planet of the Apes.



"The Magdalen Seller" by Susan Abbott

**ART REVIEW**

"Women to Watch 2010" is a procedural snapshot of what figurative means in the early 21st century. Perhaps, to some artists and curators, it's just a decided backlash against the great ones of the 20th century. If so, the pendulum may be poised to swing back at any moment.

MARC AMIGLEY

**Women to Watch 2010: Contemporary Figurative Painting.** Amy E. Turner Gallery, Flynn-Gotcher Building, through March 20



"Tasting the Butterflies" by Adelaide Tyrol







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# 95TRIPLEX

## 23rd Annual Bridal Show

Sunday, January 24, 2010  
Sberaton Hotel – Williston Road  
South Burlington, VT  
12pm-3pm

- Runway Fashion Show
- All inclusive honeymoon getaway and many great door prizes
- Free Admission



### Come check out:

The New You Salon  
Fawn Bridal Boutique  
Cynthia's Spa  
Sberaton Hotel  
David's Bridal Boutique  
Pierced & Fine Jewelry  
Superior Entertainment  
Planned Parenthood  
Mary Kay Cosmetics  
Quinn Dry Spa  
Pier Choppe Floral Department  
Flair For Real Estate  
Phoebe Frisco  
Dorset Street Dermatology  
Apollo Lingerie  
Cambridge Event & Design  
Gates Mountain Cycleworks  
Tap the Entertainment  
Fairpoint Communications  
Erica Charles Fine Women's & Men's  
Shower Art's  
Pierced Chic Body Art Madison



## CENTRAL ART SHOWS &amp; Fairs

## champaign valley

**NIGRAAL HANDESHI DUE** A collection of 40 photographs by a landscape artist's choice by Jane John Bates and depicts a broad spectrum of species from the animal kingdom. Through February 11 at Marketplace Gallery in Macleod City. Info: 945-2955

## GATHERING PLACE: EVELYN WARREN

"Gathered", a multimedia collection celebrates two related, including, non-printed arts, staffed annually, and acts of knowledge in preparation on-line. Through February 11 at Chelton Place Gallery, Chelton. Info: 945-1000

**FRANK PAUL** The Franken Project, an installation of sculpture and video in a series that explores the intersection of art and science, social and political human conflicts. Through March 31 at Corning Science and Sculpture Center in West. Info: 945-2000

**DAVID L. WILKINS: THE 20TH CENTURY QUEST FOR THE SOURCES OF WESTERN CIVILIZATION** Plenary, poets of ancient Greece and modern times. Award an official first speaker of Athens descended. The enlightenment as a desire about the origins of art and architecture. Through April 11 at Washington College Museum of Art. Info: 945-2000

**SWAN'S ELEGANT NEW** "Swan's Elegance" is a series of paintings and prints of swans and swan quills and featuring the 2009-2010 "Swan's Elegance" Through February 11 at Jackson Gallery, Town Hall Theater in Macleod City. Info: 945-2000

## northern

**WILSON FINE** "You're Working My Mind" is a painting that explores the power of landscape painting and how we see the world. Through February 11 at Working My Mind in 2nd floor. Info: 945-2000

**WYATT ARTS & CRAFTS** Recent works by David L. Wilkins, Patrick Farrell, Susan Lee, Susan Lee, Susan Lee and Patrick Farrell in a new gallery space. Through February 11 at The 1907 Gallery in Macleod City. Info: 945-2000

## FRED YOUNG &amp; SARAH KIMMELMA BATES

Painted glass works in a new gallery space. Through February 11 at the 1907 Gallery in Macleod City. Info: 945-2000

## HUGH PEARSON: The artist's recent paintings

Through May 31 at Chelton Place Gallery in Macleod City. Info: 945-2000

**JANUARY FEATURES ARTISTS** Paintings by David L. Wilkins, Patrick Farrell, Susan Lee, Susan Lee and Patrick Farrell in a new gallery space. Through February 11 at the 1907 Gallery in Macleod City. Info: 945-2000

**LISA SCHAMBERG: READY** Works in the Country. Through February 11 at the 1907 Gallery in Macleod City. Info: 945-2000

**THE ALAN CRISP SHOW** Photographs by Chris Hargreaves and Robert Crisp in a new gallery space. Through February 11 at the 1907 Gallery in Macleod City. Info: 945-2000

**YOUNG STEVE & ARRY BATES: THE REPRESENTATIVE** Quilted in a new gallery space. Through February 11 at the 1907 Gallery in Macleod City. Info: 945-2000

**WINTERSCAPE** One painting in a new gallery space. Through February 11 at the 1907 Gallery in Macleod City. Info: 945-2000

## regional

**WINTERSCAPE AND CONTEMPORARY ART AT GARTHEALTH** Paintings by David L. Wilkins, Patrick Farrell, Susan Lee, Susan Lee and Patrick Farrell in a new gallery space. Through February 11 at the 1907 Gallery in Macleod City. Info: 945-2000



**Lisa Schamberg** Being in the eye of the beholder, sure, but Schamberg may be one of few who entered, and took the trouble to document, the beauty in organic waste. For years she's collected fruit and vegetable trimmings in a receptacle in the sink before adding them to the compost pile, she says. When Schamberg began to photograph them, she gave herself a rule: "no cheating by rearranging." So what you see is as natured — everything and the kitchen sink. Her collection of oddly appealing pictures is on view through January 31 at Vireo Reproton in Burlington.

Andy Warhol

FASHIONISTAS AND CELEBRITIES

January 19 - April 26, 2010

Christopher Makos (born c. 1942) Andy Warhol in Drag 1962. From Allard Image Series. Gelatin Silver Print. Collection of Christopher Makos

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*John Lemaire, conductor  
André Watts, piano*

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## NEWS QUIRKS BY ROLAND SWEET

### Community Investments

Hoping to capitalize on their success, Loma's gringos have set up an enterprise to sell shares of their trade to investors. Operating mostly out of Haverhill, an gang has made tens of millions of dollars from cocaine, according to Reuters, and their success in attracting Loma's financiers in other nations to bank their yen made "The shares are open to all, and everybody can take part, whether personally at sea or on land by providing cash, weapons or useful services [sic]," a prize named Molinero's explained, adding, "We're using piracy's community spirit."

Haverhill's deputy security officer spoke. "They're really big business has become the main profitable economic activity in our area, and as locals we depend on their output," Molinero Adam said. "The district gets a percentage of every ransom from ships that have been released, and that goes on public infrastructure, including our hospital and our public schools."

A group of inner-city activists in Los Angeles announced the start of bus tours of rundown public housing, areas of deadly shootings and racial unrest, and the headquarters of many of the city's most famous gangs, including Crips and Bloods. "This is ground zero for a lot of the bad in this city," former gang member Alfred Loma, who is spearheading L.A. Gang Tours, told the Los Angeles Times. "It would be ground zero for a lot of the good, too."

Loma calls the venture "true community empowerment." The nonprofit group is charging adults \$65 for the two-hour tour of South L.A., Watts and Florence-Forest, and notes it uses the money to create jobs and start similar free franchises in other inner cities. Organizers will sell souvenir T-shirts printed on the spot by a \$150 tagger, and one organizer said he hopes to stage a dance off among the locals where tourists pick the winner. Organizers did decide against having kids shoot tourists with water pistols, followed by a sale of T-shirts that read, "I Got Sherie Smith Control."

### Finders Keepers

Jesus Leonardo, 22, told the New York Times he makes more than \$45,000 a year by making up winning tickets on home runs that batters throw away. "It is literally found money," he said, explaining he spends more than 30 hours a day at a New York City off-track betting parlor. "This has become my job, my life. This is how I find my family."

Leonardo collects the betting slips by picking through the OTB parlor's trash each night. He also pays two from a \$55 bag to bring him the trash at his other OTB parties around the city. Leonardo collects 1000 to 7000 discarded tickets a day and hauls them to his New Jersey home. He and two other friends bundle them in stacks of 320 for Leonardo to take to the city the next morning and spend hours scanning each ticket to find any winners. "It is such exhausting work," Leonardo said, "that I give myself a lunch hour."

### Jolting News

The Specialty Coffee Industry Association (SCA) has increased its crusades on rogue roasters, who cut corners and costs by adulterating their products. "The most common thing is to find weed from the (coffee) tree and shake from the beans, but you can also find corn or coconut, which is much cheaper than coffee," Allen Jose di Silva, SCA's chairman, told Reuters. "These coffees can make you feel lured in the stomach or make you burp a lot." Brazil is the world's No. 1 coffee grower and No. 2 consumer, and some 60 percent of the exported coffee is now beans, the tainted coffee is largely a domestic problem. Noting that the SCA ousted 10 members this year for deliberately bulking up their products, Silva said the crackdown is aimed at thwarting efforts to recruit new coffee drinkers. "Quality is what develops consumption," he said.

### Like Shooting Pork in a Barrel

Rep. James H. Clyburn (D-S.C.) embarked \$100,000 of taxpayer money to go to the Library in Jacksonville, S.C., which is in his district. But Congress suddenly designated the money for Jacksonville, S.C., a move that Clyburn's own laws a theory "That figure for government, doesn't it?" Chris Pryke, who runs the one-room library in Jacksonville, S.C., told the Washington Times. Pryke added that he had requested only \$10,000 to buy computers and new bookshelves, but Clyburn's office told him the paper the congressman decided to double the request after noting the library had finding books strewn on the floor because of the lack of shelving.

As part of the same \$12 billion federal spending bill, Congress approved a request for funding for bus shelters in Red Harbor, Minn., from \$100,000 to \$250,000. And the support in Wallula, Alaska, hometown of former governor Sarah Palin, is getting \$500,000 to expand airplane parking space.

## CENTRAL TO YOUR NEW LIFE



"Everybody was great!"

Monday, January 11 changed Deborah A. and Scott Booth's world! Their first child, the lovely McKenna Rae Booth, arrived with a full head of hair and a world to discover. Her tiny little self weighed in at 6lbs/2oz and she is 19.75" long. Swaddled and content, she was sleeping happily when we stopped by even though she was surrounded by happy extended family. We welcomed her as also the first grandchild in the family. We're betting little McKenna will get lots of love! Congratulations to all! May her life be always this peaceful!

The Booths live in Woodbury



Ryan Elrod,  
MD OB/GYN



Gail Sullivan,  
RN, CN Nurse



Brian L.  
Calhoun, MD,  
Anesthesiologist



Emily Ungherich,  
Scott, MD,  
Pediatrician



Christine  
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- Involves a total of 12 visits, including a brief 4-session intervention
- Free Nicotine Replacement Patches are included
- Also earn up to \$142.56 in compensation throughout 6 of the 12 visits

For more information or to set up an appointment,  
please call: 855-0655

## NOT QUITE READY TO QUIT? STUDY #33

- This study involves 2 visits, a total of approximately 4 hours
- If eligible you may be asked to quit for 12 hours
- Participants in the study may be paid \$40 in cash

For more information or to set up an appointment,  
please call Teresa at 855-3831



COMING JANUARY 23!

SEVEN DAYS

# THE daily 7

Vermont's top stories, delivered



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10

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# DISCOVER HEALTHY LIVING



## Winter Wellness

### SHOP!



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SALE ENDS JAN. 27TH

### LEARN!

#### EVERYTHING YOU NEED TO KNOW ABOUT LAMB

Jan. 25, 10:30 a.m. - 1:00 p.m. \$15  
Join Nina and Frank Pace, our butcher, as they work with a whole Vermont raised lamb. On the menu: Lamb merguez, roasting leg of lamb and braised lamb shanks.

#### HEALTH AND HEALING OPEN FORUM DISCUSSION

Jan. 25, 5:30-6:00 p.m. FREE!  
Join Teresa Foster RN, as she leads a panel discussion that includes doctors, nurses and Healthy Living staff as they discuss your health questions including safe integration of natural supplements and traditional medications for common ailments.

#### WINTER VEGGIE BASKET

Jan. 27, 5:30-7:30 p.m. \$15  
Learn how to cook some of the lesser known winter veggies! On the menu: Cider braised red cabbage with apples, root vegetable soup with citrus, fraiche and truffle oil, roasted butternut squash and caramelized onion tart with Gruyere cheese, roasted beet salad with warm goat cheese cakes and walnut vinaigrette.

Pre-registration required for all classes.

### EAT!

#### GET YOUR GREENS SMOOTHIE

##### INGREDIENTS

- 1/2 ripe avocado
- 1 packed cup fresh baby spinach
- Juice of half a lemon
- 1 cup cold So Delicious vanilla Coconut milk
- 1 scoop Green Superfood Berry Flavor

##### DIRECTIONS

Place all ingredients in the blender and blend until smooth for a creamy, nutrition-packed smoothie!

